

Movin' And Groovin'

48 Count, 4 Wall, Intermediate

Choreographer: Helen Woods (US) Sept 2011

Choreographed to: Movin' and Groovin'

by Sam Cooke, CD: The Man Who Invented Soul

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- 1 FORWARD COASTER, WALK 2 BACK, BACK COASTER, WALK 2 FORWARD**
&1-2 Step right forward, step left together, step right back
3-4 Walk back left, right
&5-6 Step left back, step right together, step left forward
7-8 Walk forward right, left
- 2 FORWARD RIGHT, ½ TURN RIGHT, COASTER STEP, FORWARD LEFT, ½ TURN LEFT, COASTER STEP**
1-2 Step forward on right, make ½ turn right stepping back on left
3&4 Step back on right, step left beside right, step forward on right
5-6 Step forward on left, make ½ turn left stepping back on right
7&8 Step back on left, step right beside left, step forward on left
- 3 ROCK FRONT, ROCK SIDE, ROCK BACK, TRIPLE STEP**
1-2 Rock right forward, recover to left
3-4 Rock right to right side, recover to left
5-6 Rock right back, recover to left
7&8 Triple step in place
- 4 SAILOR STEP, SAILOR ¼ TURN RIGHT, HIP BUMPS**
1&2 Cross left behind right, step ball of right to right side, step left to left side
3&4 Cross right behind left turning ¼ turn, step left in place, step right forward
5&6 Step left forward bumping hips left, right, left
7&8 Step right forward bumping hips right, left, right
- 5 HIP BUMPS, ½ PIVOT TURN, TURN ½ TWICE**
1&2 Step left forward bumping hips left, right, left
3&4 Step right forward bumping hips right, left, right
5-6 Step left forward, turn ½ turn right
7-8 Turn ½ right stepping left back, turn ½ right stepping right forward
- 6 ROCKING CHAIR, STEP-LOCK-STEP STEP-LOCK-STEP, STEP**
1-2 Rock left forward, recover to right
3-4 Rock left back, recover to right
5&6 Step left forward, lock right behind left, step left forward
&7& Step right forward, lock left behind right, step right forward
8 Step left beside right
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