

MOVIN' & GROOVIN'

Choreographed by Karen Hunn

Choreographed to "Move It" by Cliff Richard or Darren Day

64 Count - 2 wall line dance - Beginner/Intermediate level

Start on vocals

Diagonal Toe Strut. Cross Toe Strut. Back Toe Strut. Side Toe Strut. (Shadows Style Jazz Box)

1 - 2 Step Right toe forward to Right diagonal. Drop Right heel down taking weight. (Click to Right)

3 - 4 Cross step Left toe over Right. Drop Left heel down taking weight. (Click to Left)

5 - 6 Step back on Right toe. Drop Right heel down taking weight. (Click to Right)

7 - 8 Step Left toe to Left side. Drop Left heel down taking weight. (Click to Left)

Side Rock & Cross. Hold & Clap. Side Rock & Cross. Hold & Clap.

1 - 4 Rock Right to Right side. Rock on Left in place. Cross step Right over Left. Hold & Clap.

5 - 8 Rock Left to Left side. Rock on Right in place. Cross step Left over Right. Hold & Clap.

Dwight Swivels. Out-Out. Hold & Clap. In-In. Hold & Clap.

1 - 2 Touch Right toe to Left instep swivelling Left heel to Right. Touch Right heel to Left instep swivelling Left toe to Right.

3 - 4 Touch Right toe to Left instep swivelling Left heel to Right. Touch Right heel to Left instep swivelling Left toe to Right.

Easy Alternative - Stepping Right beside Left, twist Heels, Toes, Heels, Toes Slightly to Right.

&5, 6 Step Right out to Right. Step Left out to Left. (Feet apart). Hold & Clap.

&7, 8 Step Right in back to centre. Step Left in beside Right. Hold & Clap.

Forward Rock. 1/2 Shuffle Turn Right. Step. Pivot 1/2 Turn Right. Walk Forward x 2.

1 - 2 Rock forward on Right. Rock back on Left.

3 & 4 Shuffle 1/2 turn Right, stepping - Right, Left, Right.

5 - 6 Step forward Left. Pivot 1/2 turn Right.

7 - 8 Step forward on Left. Step forward on Right. (12 o'clock)

Scuff. Step. Scuff. Step. Rocking Chair Rocks.

1 - 4 Scuff Left forward. Step forward on Left. Scuff Right forward. Step forward on Right.

5 - 8 Rock forward on Left. Rock back on Right. Rock back on Left. Rock forward on Right.

Step. Pivot 1/4 Turn Right. Stomps x 2. Step. Pivot 1/4 Turn Right. Stomps x 2.

1 - 4 Step forward on Left. Pivot 1/4 turn Right. Stomp Left beside Right. Stomp Right in place.

5 - 8 Step forward on Left. Pivot 1/4 turn Right. Stomp Left beside Right. Stomp Right in place.

(6 o'clock)

Left Toe Strut Forward. Right Toe Strut Forward. Forward Rock. Back. Touch.

1 - 2 Step Left toe forward. Drop Left heel down taking weight.

3 - 4 Step Right toe forward. Drop Right heel down taking weight.

5 - 6 Rock forward on Left. Rock back on Right.

7 - 8 Step back on Left. Touch Right beside Left.

NOW THE FUN PART - The Hand Jives!

& Step Right to Right side to feet slightly apart.

1&, 2& Cross hands over in front palms facing down with Right over Left & move apart. Repeat.

3&, 4& Cross hands over in front palms facing down with Left over Right & move apart. Repeat.

5 - 8 Pretend to hitch a lift with Right thumb over Right shoulder twice. Repeat with Left thumb.

Begin Again & Have Fun!

TAG - On 3rd Wall Only - Repeat the last 8 counts (The Hand Jive)!