

Rockin and Groovin



Choreographed by Dan Albro
Description 32 count, beginner/intermediate partner/circle dance
Closed, social position. Man facing LOD, lady facing RLOD.
Opposite footwork

Music All About Tonight - Blake Shelton
32 count intro, start on lyrics

MAN:

CROSS ROCK, SHUFFLE SIDE, CROSS

1-2-3&4 Cross/rock left over right, recover to right,
step L to side, step R together, step L to side
5-6-7&8 Cross/rock R over L, recover to L,
step R to side, step L together, step R to side

LADY:

ROCK, SHUFFLE SIDE

Cross/rock right behind left, recover to left,
step R to side, step L together, step R to side
Cross/rock L behind R, recover to R,
step L to side, step R together, step L to side

ROCKING CHAIR, LADY'S FULL AND ½ TURN, SHUFFLE FORWARD

1-2-3-4 Rock L fwd, recover to R, rock L back,
recover to R
5-6-7&8 Step Fwd L-R
Step L fwd, step R together, step L fwd

Rock R back, recover to L, rock R fwd, recover to L
Turn ½ R and step R fwd, turn ½ R and
step L back, shuffle ½ R and step R fwd,
step L together, step R fwd

*Take lady's right hand over lady's head on count 5 putting her right in his right hand
Releasing his left hand, right hands come down to lady's right shoulder, couples pick
up left hands in front (Side By Side Position)*

STEP, KICK, COASTER STEP, STEP, TOUCH, STEP, HITCH

1-2-3&4 Step right fwd, kick left fwd, step left back,
step right together, step left fwd
5-8 Step right forward, touch left to side,
step left fwd, hitch right knee

Step left fwd, kick right fwd, step right back,
step left together, step right fwd
Step left forward, touch right to side,
step right fwd, hitch left knee

STEP, ¼ PIVOT, STEP, ½ PIVOT, (PINWHEEL ¾) WALK, WALK, SHUFFLE

1-4 Step right fwd, turn ¼ left (weight on left),
step right fwd, turn ½ left (weight on left)
5-6 Step right fwd (line up R shoulders with
partner),
step left fwd and turn ¼ right
7 Turn ½ right and step right to side
&8 Step left together, step right to side

Step left fwd, turn ¼ right (weight on right),
step left fwd, turn ½ right (weight on right)
Step left fwd (line up R shoulders with partner),
step right fwd and turn ¼ right
Turn ½ right and step left to side
Step right together, step left to side

Now facing partner in starting position

*Release hands on count 1. On count 5 pick up lady's right hand in man's L, man's R hand
behind lady's back, lady's left on man's right shoulder (Right Parallel Position)*

REPEAT

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Every effort has been made to make sure these dance sheets are accurate. Please let us know if there are any errors or omissions email: jbwesterndance@aol.com.

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