# 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: | LADY: |
|---|---|---|
| | **CROSS ROCK, SHUFFLE SIDE, CROSS ROCK, SHUFFLE SIDE** | |
| 1-2-3&4 | Cross/rock left over right, recover to right, step L to side, step R together, step L to side | Cross/rock right behind left, recover to left, step R to side, step L together, step R 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 | 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 | Rock R back, recover to L, rock R fwd, recover to L |
| 5-6-7&8 | Step Fwd L-R Step L fwd, step R together, step L fwd | 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 | Step left fwd, kick right fwd, step right back, step left together, step right fwd |
| 5-8 | Step right forward, touch left to side, step left fwd,hitch right knee | 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) | Step left fwd, turn ¼ right (weight on right), step left fwd, turn ½ right (weight on right) |
| 5-6 | Step right fwd (line up R shoulders with partner), step left fwd and turn ¼ right | Step left fwd (line up R shoulders with partner), step right fwd and turn ¼ right |
| 7 | Turn ½ right and step right to side | Turn ½ right and step left to side |
| &8 | Step left together, step right 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*** | ***July 2010*** |

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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