

MOVIN' AND GROOVIN'

Released February 2017

CHOREO: Bill and Maxine Ross, 19 Castleton Court, Fredericton, NB, Canada E3B 6H3

(506) 455-6538, e-mail: bmross@nbnnet.nb.ca

web page <http://billmaxineross.com>

CD: 2000 BMG Entertainment, CD Title "The Man Who Invented Soul" (Artist: Sam Cooke) Track 3-6 "Movin' and Groovin'"
or download from internet site such as I Tunes

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses) Time: 2:53

RHYTHM: Jive RAL PHASE III

DEGREE OF DIFFICULTY: AVERAGE

SEQUENCE: INTRO-A-B-A-B-A-B-ENDING

MEAS:

INTRODUCTION

1-4 LOP-FCG WALL WAIT 2 MEAS;; APART POINT; TOGETHER TOUCH TO CP:

- 1-2 Wait in LOP-FCG WALL w/ lead ft free;;
- 3 {**Apert Point**} OP-FCG WALL Apt L, -, pt R twd ptr, -;
- 4 {**Together Touch to CP**} Tog R, -, tch L to CP WALL, -;

PART A

1-3 FALLAWAY ROCK ~ RIGHT TURNING FALLAWAY;;:

- 1-3 {**Fallaway Rock**} CP WALL Rk bk L to SCP LOD, rec R to fc, sd L/cl R, sd L; Sd R/cl L, sd R (W rk bk R to SCP, rec L to fc, sd R/cl L, sd R; Sd L/cl R, sd L) to CP WALL, {**Right Turning Fallaway**} CP WALL rk bk L to SCP LOD, rec R to fc; Trn 1/4 RF sd L/cl R, sd L, trn 1/4 RF sd R/cl L, sd R (W rk bk R to SCP, rec L to fc; Trn 1/4 RF sd R/cl L, sd R, trn 1/4 RF sd L/cl R, sd L) to CP COH;

4-6 RIGHT TURNING FALLAWAY ~ CHANGE RIGHT TO LEFT FC LOD;;:

- 4-6 {**Right Turning Fallaway**} CP COH Rk bk L to SCP RLOD, rec R to fc, trn 1/4 RF sd L/cl R, sd L; Trn 1/4 RF sd R/cl L, sd R (W rk bk R to SCP, rec L to fc, trn 1/4 RF sd R/cl L, sd R; Trn 1/4 RF sd L/cl R, sd L) to CP WALL, {**Change Right to Left fc LOD**} CP WALL rk bk L to SCP LOD, rec R; Sd L/cl R, sd L trn 1/4 LF, sd & fwd R/cl L, sd R (W rk bk R to SCP, rec L, Sd R/cl L, fwd R trn 3/4 RF undr ld hnds, sd & slightly bk L/cl R, sd & bk L) to LOP-FCG LOD;

7-9 CHANGE HANDS BEHIND BACK ~ CHANGE LEFT TO RIGHT FC COH;;:

- 7-9 {**Change Hands Behind Back**} LOP-FCG LOD Rk bk L, rec R, slightly fwd L/cl R, fwd L trn 1/4 LF (W rk bk R, rec L, fwd R/cl L, fwd R trn 1/4 RF) chg W's R hnd to M's R hnd; Slightly sd & bk R/cl L, sd R cont trn 1/4 LF (W sd L/cl R, sd & bk L trn 1/4 RF) chng W's R hnd to M's L hnd to LOP-FCG RLOD, {**Change Left to Right fc COH**} LOP-FCG RLOD rk bk L, rec R; Sd L/cl R, sd L trn 1/4 RF, sd R/cl L, sd R (W rk bk R, rec L; Fwd R/cl L, fwd R trn 3/4 LF undr ld hnds, sd L/cl R, sd L) to LOP-FCG COH;

10-12 CHANGE HANDS BEHIND BACK ~ LINK ROCK;;:

- 10-12 {**Change Hands Behind Back**} LOP-FCG COHL Rk bk L, rec R, slightly fwd L/cl R, fwd L trn 1/4 LF (W rk bk R, rec L, fwd R/cl L, fwd R trn 1/4 RF) chg W's R hnd to M's R hnd; Slightly sd & bk R/cl L, sd R cont trn 1/4 LF (W sd L/cl R, sd & bk L trn 1/4 RF) chng W's R hnd to M's L hnd to LOP-FCG WALL, {**Link Rock**} LOP-FCG WALL rk bk L, rec R; Sm fwd L/cl R fwd L, sd R/cl L, sd R (W rk bk R, rec L; Sm fwd R/cl L, fwd R, sd L/cl R, sd L) to CP WALL;

PART B

1-4 JIVE WALKS ~ SWIVEL WALK 2;;: 4 POINT STEPS;;:

- 1-2 {**Jive Walks**} CP WALL Rk bk L to SCP LOD, rec R in SCP, fwd L/cl R, fwd L; Fwd R/cl L, fwd R (W rk bk R to SCP, rec L in SCP, fwd R/cl L, fwd R; Fwd L/cl R, fwd L), {**Swivel Walk 2**} SCP LOD fwd L in front of R ft, fwd R in front of L ft;
- 3 {**Point Steps**} SCP LOD Pt L fwd with outsd edge of ft in contact with floor look to LOD, fwd L, pt R thru with outsd edge of ft in contact with floor look to RLOD, fwd R;
- 4 Repeat meas 3;

PART B (cont.)

5-6 ROCK THE BOAT TWICE; LEFT TURNING TRIPLES FC COH;

- 5 {**Rock the Boat Twice**} SCP LOD Fwd L with straight knee leaning fwd, with rocking motion & relaxed knees cl R leaning bk, fwd L with straight knee leaning fwd, with rocking motion & relaxed knees cl R leaning bk;
- 6 {**Left Turning Triples fc COH**} Blending to CP WALL trn 1/4 LF sd L/cl R, sd L, trn 1/4 LF sd R/cl L, sd R (W trn 1/4 LF sd R/cl L, sd R, trn 1/4 LF sd L/cl R, sd L) to CP COH; [This figure is similar to the Left Turning Fallaway without the rock & rec]

7-9 FALLAWAY THROWAWAY ~ CHANGE LEFT TO RIGHT FC COH;;;:

- 7-9 {**Fallaway Throwaway**} CP COH Rk bk L to SCP RLOD, rec R, fwd & sd L/cl R, sd L; Sd R/cl L, sd R (W rk bk R to SCP, rec L, fwd R trn LF/cl L, sd R; Sd & bk L/cl R, sd L to fc RLOD) to LOP-FCG RLOD, {**Change Left to Right fc COH**} LOP-FCG RLOD rk bk L, rec R; Sd L/cl R, sd L trn 1/4 RF, sd R/cl L, sd R (W rk bk R, rec L; Fwd R/cl L, fwd R trn 3/4 LF undr ld hnds, sd L/cl R, sd L) to LOP-FCG COH;

10-12 LINK ROCK FC COH ~ LEFT TURNING FALLAWAY;;;:

- 10-12 {**Link Rock**} LOP-FCG COH Rk bk L, rec R, sm fwd L/cl R fwd L; Sd R/cl L, sd R (W rk bk R, rec L, sm fwd R/cl L, fwd R; Sd L/cl R, sd L) to CP COH, {**Left Turning Fallaway**} CP COH rk bk L to SCP RLOD, rec R to fc; Trn 1/4 LF sd L/cl R, sd L, trn 1/4 LF sd R/cl L, sd R (W rk bk R to SCP, rec L to fc; Trn 1/4 LF sd R/cl L, sd R, trn 1/4 LF sd L/cl R, sd L) to CP WALL;

ENDING

1-3 CHANGE RIGHT TO LEFT FC LOD ~ CHANGE LEFT TO RIGHT FC WALL;;;:

- 1-3 {**Change Right to Left fc LOD**} CP WALL Rk bk L to SCP LOD, rec R, sd L/cl R, sd L trn 1/4 LF; Sd & fwd R/cl L, sd R (W rk bk R to SCP, rec L, sd R/cl L, fwd R trn 3/4 RF undr ld hnds; Sd & slightly bk L/cl R, sd & bk L) to LOP-FCG LOD, {**Change Left to Right fc WALL**} LOP-FCG LOD rk bk L, rec R; Sd L/cl R, sd L trn 1/4 RF, sd R/cl L, sd R (W rk bk R, rec L; Fwd R/cl L, fwd R trn 3/4 LF undr ld hnds, sd L/cl R, sd L) to LOP-FCG WALL;

4-7 BASIC ROCK TO BFLY ~ PROGRESSIVE ROCK ~ SHAG STEP;;;:

- 4-7 {**Basic Rock to BFLY**} LOP-FCG WALL Rk apt L (W rk apt R), rec R, sd L/cl R, sd L; Sd R/cl L, sd R to BFLY WALL, {**Progressive Rock**} BFLY WALL rk apt L, XRif (W XLif); Rk apt L, XRif (W XLif), {**Shag Step**} BFLY WALL stp in plc L, lift on L; Stp in plc R, lift on R, stp in plc L, stp in plc R; [Option: as you lift on one foot you can kick the other foot to the side]

AB AB AB

WAIT
APART POINT

WAIT
TOGETHER TOUCH TO CP

A FALLAWAY ROCK ----
<2 RIGHT TURNING FALLAWAYS ----
---- <CHANGE RIGHT TO LEFT FC LOD

.....
CHANGE HANDS BEHIND BACK ----
<CHANGE LEFT TO RIGHT FC COH CHANGE HANDS BEHIND BACK
---- <LINK ROCK

B JIVE WALKS END SWIVEL WALKS 2
4 POINT STEPS ----
ROCK THE BOAT TWICE LEFT TURNING TRIPLES FC COH

.....
FALLAWAY THROWAWAY ----
<CHANGE LEFT TO RIGHT FC COH LINK ROCK FC COH
----- <LEFT TURNING FALLAWAY

END CHANGE RIGHT TO LEFT FC LOD ----
<CHANGE LEFT TO RIGHT FC WALL BASIC ROCK TO BFLY
---- <PROGRESSIVE ROCK
<SHAG STEP

R3-5 MOVIN' AND GROOVIN' (ROSS)
(STANDARD INTRO TO CP WALL)