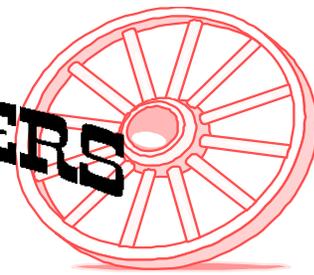




COUNTRY CLUB DANCERS



Rockin' & Groovin'

Choreographed by Dan Albro

Dance Taught By Paul &
Sharon Hergert for the Country
Club Dancers 8-16-10

Description: 32 count, beginner/intermediate partner/circle dance

Music: [All About Tonight](#) by Blake Shelton

Position: Closed, social position. Man facing LOD, lady facing RLOD. Opposite footwork
32 count intro, start on lyrics

CROSS ROCK, SHUFFLE SIDE, CROSS ROCK, SHUFFLE SIDE

1-2-3&4 **MAN:** Cross/rock left over right, recover to right, step left to side, step right together, step left to side

LADY: Cross/rock right behind left, recover to left, step right to side, step left together, step right to side

5-6-7&8 **MAN:** Cross/rock right over left, recover to left, step right to side, step left together, step right to side

LADY: Cross/rock left behind right, recover to right, step left to side, step right together, step left to side

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

1-2-3-4 **MAN:** Rock left forward, recover to right, rock left back, recover to right

LADY: Rock right back, recover to left, rock right forward, recover to left

5-6-7&8 **MAN:** Step left forward, step right forward, step left forward, step right together, step left forward

5-6 **LADY:** Turn ½ right and step right forward, turn ½ right and step left back, shuffle ½ right and step right forward, step left together, step right forward Take lady's right hand over lady's head on count 5 putting her right in his right hand dropping 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 **MAN:** Step right forward, kick left forward, step left back, step right together, step left forward

LADY: Step left forward, kick right forward, step right back, step left together, step right forward

5-6-7-8 **MAN:** Step right forward, touch left to side, step left forward, hitch right knee

LADY: Step left forward, touch right to side, step right forward, hitch left knee

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

1-2-3-4 **MAN:** Step right forward, turn ¼ left (weight on left), step right forward, turn ½ left (weight on left)

LADY: Step left forward, turn ¼ right (weight on right), step left forward, turn ½ right (weight on right)

5-6 **MAN:** Step right forward (line up right shoulders with partner), step left forward and turn ¼ right

Created by Ed Draeger For the Country Club Dancers – Line & Partner Dance Lessons
every Monday At the Amerahn Dance Hall in Kewaskum, Wi. If you have any questions
call 262 689 4144

Rockin' & Groovin'
8-16-10

1/4 right
7
&8
Drop hands on count 1. On count 5 pick up lady's right hand in man's left, man's right hand behind lady's back, lady's left on man's right shoulder (Right Parallel Position)

LADY: Step left forward (line up right shoulders with partner), step right forward and turn
MAN: Turn 1/2 right and step right to side
LADY: Turn 1/2 right and step left to side
MAN: Step left together, step right to side
LADY: Step right together, step left to side Now facing partner in starting position

REPEAT