



COUNTRY PLUS

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ASCAP/BMI Licensed

Specializing in
Line Dancing &
Couples Flow Dance
To All Types of Music

- Weekly Classes
- Weekly Dances
- Beginner Lessons
- Intermediate Lessons
- Partner Lessons
- D.J. Service

Rockin' & Groovin'

Choreographed by Dan Albro

Description: 32 count, low intermediate partner / circle dance

Music: All About Tonight by Blake Shelton

Our choice: Calm After The Storm by The Common Linnets

Position: Closed, social position. Man facing LOD. Lady facing RLOD. Opposite footwork

CROSS ROCK, SHUFFLE SIDE, CROSS ROCK, SHUFFLE SIDE

- 1-2-3&4 **MAN:** Cross/rock left forward, recover to right, step left side, step right together, step left side
LADY: Cross/rock right behind left, recover to left, step right side, step left together, step right side
- 5-6-7&8 **MAN:** Cross/rock right over left, recover to left, step right side, step left together, step right side
LADY: Cross/rock left behind right, recover to right, step left side, step right together, step left side

ROCKING CHAIR, LADY'S FULL AND ¼ 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
LADY: Turn ¼ right and step right forward, turn ¼ right and step left back, shuffle ¼ 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 side, step left forward, hitch right
LADY: Step left forward, touch right side, step right forward, hitch left

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

- 1-2-3-4 **MAN:** Step right forward, turn ¼ left (weight on left), step right forward, turn ¼ left (weight on left)
LADY: Step left forward, turn ¼ right (weight on right), step left forward, turn ¼ right (weight on right)
- 5-6 **MAN:** Step right forward (line up right shoulders with partner), step left forward and turn ¼ right
LADY: Step left forward (line up right shoulders with partner), step right forward and turn ¼ right
- 7 **MAN:** Turn ¼ right and step right side
LADY: Turn ¼ right and step left side
- 8 **MAN:** Step left together, step right side
LADY: Step right together, step left side

Now facing partner in starting position

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)

REPEAT