Moves
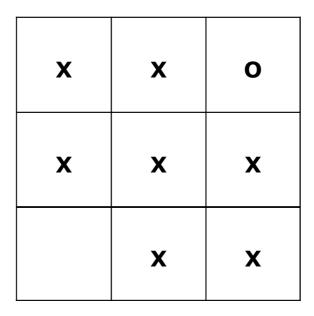
X	X	O
X	X	X
	X	X

What is the smallest number of 'slides' to move the O from top right to bottom left?

Try other square grids. How can the moves be recorded? Any rules? How about rectangle grids?

Idea from SMILE worksheet 'Moving Cubes', dragged from the memory of TFD, 9x08