Move or Copy a Selection in the GIMP DdeC Sep 18

In an active layer, with a region selected, then with the Region tool ('R' - not the Move tool 'M'),

Mac

Command-option-drag to move or Command-shift-drag to copy, then Command-H to 'anchor' (unfloat the selection).

Windows

Control-Alt-drag to move or Shift-Alt-drag to copy, then Control-H to 'anchor'.