

# Move N Groove

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Mark Cosenza (USA)

Musik: The Lion Sleeps Tonight - \*NSYNC



## STEP SIDE LEFT, RIGHT, LEFT FORWARD RIGHT, LEFT SIDE RIGHT, CROSS LEFT, BACK RIGHT, SIDE LEFT PIVOT RIGHT

- 1-2& Step left, step side right, step forward left
- 3-4 Step forward right, step forward left
- 5 Step side right
- 6&7 Cross left over right, step back right, step side left
- 8 Bending knees slightly, pivot  $\frac{1}{4}$  right and shift weight to right

## ROCK LEFT, RECOVER, COASTER TURN $\frac{1}{2}$ LEFT, ROCK RIGHT, RECOVER, COASTER STEP WITH SWIVEL

- 1-2 Rock forward left, recover
- 3& Step back left, step together right,
- 4 While stepping forward on left, lift right knee and pivot  $\frac{1}{2}$  left
- 5 Step down and rock forward right
- 6 Recover left
- 7& Step back right, step together left
- 8 Step forward right and slightly swivel on ball of foot diagonal right

## CROSSOVER STEPS, ROCK RIGHT, CROSS BEHIND AND FORWARD

Counts 1-4 are all in crossed position

- 1-2& Cross left over right, step right towards left, step left side right
- 3-4 Step right towards left, step left side right

For added style on the above 4 counts, slightly bend knees and swivel toes to left for each count as you move right

- 5-6 Rock right side right, recover left
- 7&8 Cross right behind left, step left side left, step right across left

## DIAGONAL STEPS: LEFT, FULL TURN LEFT, ROCK BACK LEFT

- 1 Step left diagonal forward angle left
- 2&3 Continuing diagonal forward, step right in front of left, pivoting  $\frac{1}{2}$  left, step back on left, pivoting  $\frac{1}{2}$  left, step forward right (completing full turn)
- 4 Rock back on left

## SIDE RIGHT & PIVOT $\frac{1}{4}$ LEFT, ELECTRIC KICK RIGHT WITH A $\frac{1}{2}$ PIVOT RIGHT

- 5 Step right side right & swivel toes to right (face  $\frac{1}{4}$  right)
- 6 Pivot  $\frac{1}{2}$  left, swivel toes to left & shift weight to left (face  $\frac{1}{2}$  left)
- 7&8 Electric kick right forward step, step down on left, pivot  $\frac{1}{4}$  right & step down on right

REPEAT