

# Move-N-Groove

Count: 32

Wand: 1

Ebene: Intermediate

Choreograf/in: Ed White (USA)

Musik: Do You Wanna Dance - 98 Degrees



## TOUCH, HIP BUMPS, KICK, BALL, POINT, RIGHT HEEL TWISTS ¼ TURN, HEEL TAPS

- 1&2& Touch right toe to side and slightly forward as you bump hips right, bump hips left, bump hips right, bump hips left (weight remains on left though 1&2&)
- 3&4 Kick right forward, quickly step right in place, point left toe to left
- 5&6 (Leaving left toe pointed to left) twist right heel right, twist right heel left, twist right heel right making ¼ turn to left
- 7-8 (With left toe still out front & and leaving toe on floor) tap left heel twice

**Optional styling: Point left index finger at left foot with each heel tap**

## WALKS, TOUCH, HIP BUMPS, KICK, BALL, POINT, BODY ROLL ¼ TURN LEFT

- &1-2 Quickly bring left to you and step in place, walk forward right, step left beside right
- 3-4 Touch right toe to right as you bump hips right, bump hips right
- Optional styling: Place both hands on front of right hip as you bump hips as if to pull hip into bumps**
- 5&6 Kick right forward, quickly step right in place, point left to left
- 7-8 Body roll or snake up making ¼ turn left (leaving toe out front weight on right)

## POINT, TOUCH, BALL, CROSS, STEP, SIDE, BALL, ¼ TURN, ½ TURN, ¼ TURN

- 1-2 Point left to left, touch left beside right
- &3-4 Quickly step left back, step right across left, step left to left
- &5-6 Quickly step on ball of right to right, step left in place, turning ¼ right step on right

**Feet should be shoulder width apart.**

**Optional styling: Point to right with right index finger with full arm extension on the & count and as you turn draw arm into you**

- 7-8 Making ½ turn right pivot on the ball of the right foot and step left to left (7) feet should be shoulder width apart, transfer weight to left pivoting on left turn ¼ right (8)

## HEEL BOUNCES, ¼ TURN, TOE HEEL STRUT, HEEL KNEE STRUTS, STEP, DRAG

- 1-2 Bounce on left heel twice (body leaning back on left)
- Optional styling: "Raise the Roof" (both arms and hands raised up with palms up pumping arms with each heel bounce)**
- &3-4 Step on ball of right pivoting ¼ left, touch left toe forward, step down on left raising right heel off floor
- 5&6 Step down on right raising left heel off floor, step down on left raising right heel off floor, step down on right raising left heel off floor (optional to hold hands chest high making a fist bending at wrists right hand forward & left hand back & then reverse & then right forward & left back)
- 7-8 Step back big on left, drag right back beside left (weight remains left - optional styling to draw right hand, palm up, up right thigh as you drag right back on count 8)

## REPEAT

## TAG

If you use the Travis Tritt song you will need to put a 16 count bridge in the dance after you have completed the dance pattern three times, so before you start the pattern on the fourth wall add the following steps this one time.

## SYNCPATED HIP BUMPS, PADDLE TURN ½ LEFT

- 1&2& Touch right toe to right as you bump hips right, bump hips left, bump hips right, bump hips left
- 3&4 Bump hips right, bump hips left, bump hips right (weight remains on left)

**Optional: extend arms down with palms down work arms and shoulders up & down with hip bumps**

**&5&6** Bring right knee up, push with ball of right making 1/8 turn left (repeat for &6)

**&7&8** (Repeat counts &5&6 for a total 1/2 turn on &5&6&7&8)

**STEP PIVOT 1/4 LEFT, KICK, BALL TURN 1/4 LEFT, HEEL SWITCHES, STEP BACK, DRAG**

**1-2** Step right forward, turn 1/4 left (weight to left)

**3&4** Kick right forward, quickly step on right, step on left making 1/4 turn left

**5&6** Touch right heel forward, quickly step right beside left, touch left heel forward

**7-8** Step back big on left, drag right back beside left (weight remains left)

**The same optional hand motion may be used on this 7 - 8 as the last two counts of the regular pattern**

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