

In The Groove

Count: 48

Wand: 2

Ebene:

Choreograf/in: Marg Jones (CAN)

Musik: Cypress Grove - The GrooveGrass Boyz



STEP, HIP BUMPS, COASTER BACK

1&2 Step forward on right, bumping hips forward, back, forward
3&4 Step back on left, step back on right, step forward on left

STEP, HIP BUMPS, COASTER BACK

5-8 Repeat steps 1-4

PENDULUM POINTS RIGHT, LEFT, RIGHT, HITCH, CROSS

9&10 Point right toe right, step right beside left, point left toe left
&11 Step left beside right, point right toe right
&12 Hop on left while hitching right knee(&), cross right to left of left and step down

TURN ¼ RIGHT, STEP BACK, STEP, SHUFFLE LEFT, RIGHT, LEFT

13-14 Making ¼ turn right, step back on left, step right beside left
15&16 Shuffle forward left, right, left

HEEL & HEEL & STOMP, STOMP, STOMP UP

17&18 Touch right heel forward, step right beside left, touch left heel forward
&19&20 Step left beside right, stomp right forward three times, keeping weight on left

STEP, ¼ TURN LEFT, STEP, ¼ TURN LEFT

21-22 Step forward on right, making ¼ turn left, step left beside right
23-24 Step forward on right, making ¼ turn left, step left beside right

HEEL & HEEL & STOMP, STOMP STOMP DOWN

25&26 Touch right heel forward, step right beside left, touch left heel forward
&27&28 Step left beside right, stomp right forward three times, ending with weight on right

STEP, ¼ TURN RIGHT, STEP, ¼ TURN RIGHT

29-30 Step forward on left, making ¼ turn right, step right beside left
31-32 Step forward on left, making ¼ turn right, step right beside left

SIDE STEP, HOLD, & SIDE STEP, HOLD

33-34 Step left to left, hold (with clap)
&35-36 Step right beside left, step left to left, hold (with clap)

& TURN, ROCK FORWARD, RECOVER, COASTER BACK

&37-38 Step right beside left, turn ¼ left while rocking forward on left, rock back on right
39&40 Step back on left, step back on right, step forward on left

LOCK STEPS FORWARD RIGHT, LEFT, RIGHT, LEFT, RIGHT, LEFT

41&42 Step forward on right at a right diagonal, step left to right of right, step forward on right at a right diagonal
43&44 Step forward on left at a left diagonal, step right to left of left, step forward on left at a left diagonal

STEP FORWARD, ½ TURN LEFT, STOMP RIGHT, LEFT

45&46

Step forward on right, make ½ turn left, step on left

47-48

Stomp down on right, stomp down on left

REPEAT
