

Groove Thing

Count: 40

Wand: 4

Ebene: Intermediate

Choreograf/in: Karen Bleuer (USA)

Musik: Rapper's Delight - The Sugarhill Gang



TOE TOUCH, TOE SWITCHES, TAKE A LOOK

- 1-2 Touch left to left, step left slightly forward
- 3&4 Touch right to right, step right beside left, touch left to left
- 5-6 Touch left forward, touch left to left
- 7 Rock left to left turning head left
- 8 Step left beside right turning head back to front (weight is left)

TOE STRUT WITH ¼ TURNS RIGHT

- 1-2 Turn ¼ right and step on right toe, step down on right heel
- 3-4 Step left toe slightly forward, step down on left heel
- 5-8 Repeat counts 1-2, 3-4 exactly one time (weight is left)

¾ TURN LEFT WITH TOE PUMPS, TOE TOUCHES, ¼ TURN LEFT

While turning ¾ turn left on left (&1&2&3&4)

- &1 Hitch right knee towards left, touch right toe to right (weight remains on left)
- Easy option step right to right, pivot ½ turn left, step right forward, pivot ¼ left**
- &2 Hitch right knee towards left, touch right toe to right (weight remains on left)
- &3 Hitch right knee towards left, touch right toe to right (weight remains on left)
- &3 Hitch right knee towards left, touch right toe to right (weight remains on left)
- 5&6 Touch right to right, step right beside left, touch left to left (weight is right)
- 7-8 Pivot ¼ turn left circling hips counterclockwise as you turn

Weight remains on right

BODY ROLL, HIP BUMPS, TRAVELING HEEL JACKS

- 1-2 Execute a two count body roll of your choice (weight is right)
- 3-4 Bump hips back right twice (weight is right)
- 5&6 Touch left heel forward, step left in place, touch right toe back
- & Step right behind left
- 7&8 Touch left heel forward, step left in place, touch right toe back

TOE TOUCHES, MONTEREY TURN RIGHT

- 1-4 Touch right to right, touch right beside left, touch right to right, step right beside left
- 5-6 Touch left to left, step left beside right
- 7-8 Touch right to right, pivot ½ turn right and step right beside left (weight is right)

REPEAT