Groovegrass

Ebene: Intermediate

Choreograf/in: Gloria Johnson (USA)

Musik: Little Cabin On the Hill - The GrooveGrass Boyz

CROSS-SHUFFLE, SYNCOPATED HEELS, BACK SHUFFLE, SYNCOPATED HEELS

- 1&2 Cross-step right over left; step left to left side; cross-step right over left
- 3&4 With feet still crossed, swivel heels out-in-out
- 5&6 Step right diagonally back right; step left back across right; step right diagonally back
- 7&8 With feet still crossed, swivel heels out-in-out

SYNCOPATED HOPS BACK, KNEE ROLLS

- &9-10 Turning 1/8 right (now facing 1:30), jump back right, left; hold
- &11-12 Jump back right, left; hold
- 13&14 Three quick knee rolls right with right knee (to the right)
- 15&16 Three quick knee rolls left with left knee left (to the left)

SYNCOPATED HOPS BACK, KNEE ROLLS

- &17-18 Turning 1/8 right (now facing 3:00), jump back right, left; hold
- &19-20 Jump back right, left; hold
- 21&22 Three quick knee right rolls with right knee (to the right)
- 23&24 Three quick knee rolls left with left knee (to the left)

JUMP, TOGETHER; JUMP APART; JUMP, FEET CROSSED; SYNCOPATED HEEL SWIVELS TURNING $1\!\!\!/_2$

TURN

- 25&26 Jump, landing w. Feet together; jump, landing with feet apart; jump landing with right crossed over left
- 27&28 Bounce three times turning on balls of both feet ¼ left
- 29-30 Bounce twice turning ¼ left on balls of both feet
- 31&32 Kick right forward; step on ball of right; step on left

REPEAT





Count: 32

Wand: 4