

Get Your Groove On

Count: 0

Wand: 0

Ebene:

Choreograf/in: Gerard Murphy (CAN)

Musik: Get Your Groove On - Paula Abdul



Sequence: AAB on 6:00 wall, AAAB on 12:00 wall, AAB on 9:00 wall, AAAA A(1-16) to end at front wall
Start dance after 48 counts - at vocals "I can"

PART A

- 1-2 Step left ¼ turn to left, touch right next to left
3-4 Step right to right, touch left next to right
5-6 Rock step left to left bumping hips left, recover onto right making a ¼ turn right
7& Step forward on left, pivot ½ right shifting weight to right
8&1 Shuffle lock forward: step forward on left, lock step right behind left, step forward left
- 2 Make ½ turn to left stepping back onto right
3&4 Coaster step back: step back on left, step right next to left, step forward on left
5-6 Step forward on right, low kick slightly forward with left
&7&8 Step left slightly forward, touch right toes next to left heel, step right in place, touch left toes slightly forward (knee bent)
- &1-2 Step down on left, step forward on right, pivot ½ left shifting weight to left
3&4 Touch right toes slightly to right diagonal forward bumping right hip to right, relax hip back in place, bump right hip to right shifting weight to right (funky hip bumps)
5-6 Step left slightly forward bumping left hip and shifting weight to left, step right slightly forward bumping right hip and shifting weight to right
7&8 Touch left toes slightly to left diagonal forward bumping left hip to left, relax hip back in place, bump left hip to left shifting weight to left (funky hip bumps)
- 1-2 Rock forward on right (turning body slightly left), recover onto left
&3 Make ½ turn to right stepping forward onto right, step left to left
4&5-6 Step right behind left, step left to left making a ¼ turn left, step right to right (weight balanced), hold
&7&8 Step left next to right, step right to right (weight balanced), rise up on balls of both feet popping knees forward, drop heels in place

PART B

- 1-2 Step left ¼ turn to left, touch right next to left
3-4 Step to right bumping right hip to right, bump left hip to left (funky)
5-6 Pivot ¼ turn left on ball of left and step to right bumping right hip to right, bump left hip to left shifting weight to left (funky)
7-8 Pivot ¼ turn left on ball of left and step to right bumping right hip to right, bump left hip to left shifting weight to left (funky)
- 1&2 Cross step right over left, rock left on ball of left, recover onto right
3-4 Cross step left over right, step right to right
5&6 Cross step left behind right, rock right on ball of right, recover onto left
7-8 Cross step right over left, hitch left slightly