

# The Groove

**COPPER** **NOB**  
BY STEPHEN

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Ann-Kristin Sandberg (NOR) - May 2015

**Music:** The Groove Is the Solution - Helena Paparizou : (iTunes)



**Start dancing after vocals say..1-2-3-4**

## **POINT FORW-POINT BACK-KICK BALL STEP-SIDE-TOUCH-KICK & CROSS**

- 1-2 Point Right forw, Point Right back
- 3&4 Kick Right forw, Step Right next to Left, Step Left forw
- 5-6 Step Right to Right side, Touch Left next to Right
- 7&8 Kick Left forw, Step Left next to Right, Cross Right over Left

## **TOE STRUTS-SLIDE FORW L R L-TOUCH**

- 1-2 Touch Left toe to left side, Heel down
- 3-4 Touch Right toe to Right side, Heel down
- 5-6 Slide Left forw, Slide Right forw
- 7-8 Slide Left forw, Touch Right next to Left

## **SIDE-TOGETHER-SIDE-TOUCH-1/4 TURN L-1/2 TURN L-SHUFFLE 1/2 TURN L**

- 1-2 Step Right to Right side, Step Left next to Right (arms up on 1, arms down on 2)
- 3-4 Step Right to Right side, Touch Left next to Right (arms up on 3, arms down on 4)
- 5-6 1/4 turn Left stepping Left forw, 1/2 turn Left stepping Right back (03)
- 7&8 1/2 turn Left stepping Left forw, Step Right next to Left, Step Left forw (09)

## **BESIDE-1/4 TURN L-STEP-SHUFFLE WITH 1/4 TURN L-WALK x 2-SIDE RECOVER**

- &1-2 Step Right next to Left, 1/4 turn Left stepping Left forw, Step Right forw(06)
- 3&4 1/4 turn Left stepping Left forw, Step Right next to Left, Step Left forw (03)
- 5-6 Step Right forw, Step Left forw
- 7-8 Step Right to Right side, Recover onto Left

**ENJOY!**

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