

The Groove

COPPER KNOB
STEPSHEETS

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!