

# Groove

Count: 32

Wall: 4

Level: Improver R&B Soul

Choreographer: Marc Mitchell (CAN) - April 2020

Music: Groove With Me - Gareth Gates



**Intro: 32 counts - Direction: CCW**

**WALK FORWARD RIGHT, LEFT, OUT, OUT, IN, WALK LEFT, RIGHT, OUT, OUT, IN**

- 1-2& Step right forward, step left forward, step right out to side
- 3-4 Recover side left, step right together
- 5-6& Step left forward, step right forward, step left out to side
- 7-8 Recover side right, step left together

**PADDLE 1/8 TURN LEFT X 2, RIGHT LOCK STEP, LEFT SIDE MAMBO**

- 1-4 Step right forward, pivot 1/8 turn X2 towards left
- 5&6 Step right forward diagonal, step left behind, step right forward
- 7&8 Step left to side, recover right, step left together

**OUT, OUT, CLAP, IN, IN, CLAP, HIPS BUMPS TO RIGHT X4 CLOCKWISE**

- &1-2 Step out right forward, step left to side, hold & clap
- &3-4 Step in right back, step left together, hold & clap
- 5&6& Bump right hip up diagonal, recover left, bump right hip up, recover left
- 7&8& Bump right hip up diagonal, recover left, bump right hip up, recover left

**RIGHT VOLTAS (STEP, BALL) X 4 FOR 1/4 TURN TRAVELLING TO RIGHT, ROCK FORWARD, RECOVER, SAILOR STEP 1/4 TURN LEFT**

- 1&2& Step right forward turning 1/16 right, touch left behind, repeat both steps
- 3&4 Step right forward turning 1/16 right, touch left behind, step right forward
- 5-6 Rock left forward, recover right
- 7&8 Sweep left behind, step right together 1/4 turn to left, step left forward

**\*RESTART: Wall 4 facing 3.00 after 16 counts (Restart facing 12.00)**

**\*ENDING: Wall 12 facing 3.00 after 20 counts. On count 18: Jump back with arms out, palms facing down.**

**\*WALL SEQUENCE: 12,9,6,3,12,9,6,3,12,9,6,3**

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