

Groovy Day

Compte: 64

Mur: 2

Niveau: Easy Intermediate

Chorégraphe: Inge Vestergård (DK) & Lene Mainz Pedersen (DK) - October 2016

Musique: Groovy Day - Thomas Helmig : (iTunes)



Intro: 32 counts from where the music starts with "Groovy"

[1-8] □ FIGURE 8

- 1,2,3,4 Step R to R side, Step L behind R, Step 1/4 R step R fw, Step fw on L (3:00)
5,6,7,8 Turn 1/2 R step R fw, turn 1/4 R step L to L side, Step R behind L, Step L to L side (12:00)

[9-16] □ CROSS ROCK, CHASSE, CROSS SIDE, SAILOR 1/2 L

- 1-2 Cross R in front of L, recover on L
3&4 Step R to R side, Step L beside R, Step R to R side
5-6 Cross L in front of R, Step R to R side
7&8 Turn 1/2 L sweep L back, Step R to R side, Step L fw (6:00)

[17-24] □ STEP, KICK SWEEP, STEP, KICK SWEEP, JAZZ 1/4 R

- 1-4 Step R fw, Sweep L in front of R, Step L fw, Sweep R in front of L
5-8 Cross R in front of L, Turn 1/4 R step L back, Step R to R side, Step L fw (9:00)

[25-32] □ STEP R FW, SWIVEL, BACK ROCK, STEP TURN L, SHUFFLE FW

- 1&2 Step R fw, Swivel □ both Heels R, recover (weight on L)
3-4 Rock back on R, recover on L
5-6 Step R fw, Turn 1/2 L step L fw (3:00)
7&8 Step R fw, Step L beside R, Step R fw

[33-40] □ FULL TURN R, STEP 1/4 R, CROSS SHUFFLE, KICK BALL CROSS

- 1-2 Turn 1/2 R step back on L (9:00), Turn 1/2 R step R fw (3:00)
(Easy option – Walk L + R) □
3-4 Step L fw, Turn 1/4 R step R to R side (6:00)
5&6 Cross L in front of R, Step R to R side, Cross L in front of R
7&8 Kick R to R diagonal (7:30), Step R beside L (6:00), Cross L in front of R

[41-48] □ 1/4 MONTEREY X 2 □

- 1-4 Point R to R side, Turn 1/4 R step R beside L, Point L to L side, Step L beside R (9:00)
5-8 Point R to R side, Turn 1/4 R step R beside L, Point L to L side, Step L beside R (12:00)

*** Restart: Wall 6***

[49-56] □ HEEL SWITCH, ROCK FW, SKATE BACKWARDS X 4

- 1&2& Put R Heel fw, Step R beside L, Put L Heel fw, Step L beside R
3-4 Rock R fw, recover on L
5-8 Step back on R grinding L to L side, Step back on L grinding R to R side, Step back on R grinding L to L side, Step back on L grinding R to R side

[57-64] □ COASTER, PADDLE 1/4 R X 2, CROSS SHUFFLE

- 1&2 Step back on R, Step L beside R, Step R fw
3-6 Step L fw, Turn 1/4 R step R to R side (3:00), Step L fw, Turn 1/4 R step R to R side (6:00)
7&8 Cross L in front of R, Step R to R side, Cross L in front of R

Begin again.

Tag: End of Wall 3: SIDE ROCK, BACK ROCK

1-4 Rock R to R side, recover on L, Rock back on R behind L, recover on L

***** Restart: Wall 6 - After 48 Counts**

Dance start (6:00) – restart (6:00) □

Ending: □ Wall 7 – After count 40 - 1/2 MONTEREY X 2

1-4 Point R to R side, Turn 1/2 R stepping R beside L, Point L to L side, Step L beside R (6:00)

5-8 Point R to R side, Turn 1/2 R stepping R beside L, Point L to L side, Step L beside R (12:00)

– THEN Step R to R side – pooooooooose

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