

Feel The Groove

Compte: 48

Mur: 4

Niveau: High Intermediate

Chorégraphe: Nicole Gagne - September 2018

Musique: Play That Funky Music - Wild Cherry



Intro: Begin on lyrics

KICK AND LUNGE STEPS, MOVING FORWARD

- 1&2& Kick right forward, step right back, with weight on balls of both feet, lunge step out to left side, both heels facing left, and back to center again
- 3&4& Kick left forward, step left back, lunge step right to right side, heels facing right, and return back to center again
- 5&6& Repeat 1&2&
- 7&8& Repeat 3&4& (end with weight to left foot)

SHUFFLE STEPS BACK & 3/4 TURN

- 1&2 Shuffle step back right-left-right
- 3&4 Shuffle step back left-right-left
- 5&6 Shuffle step back right-left-right
- 7-8 Cross/touch left behind, unwind left to make a 3/4 turn (weight to left)

TOE TAPS, KICK AND COASTER STEP

- 1& Touch right forward and to the right side
- 2 On 2 turn a 1/4 turn right and kick right foot forward
- 3&4 Right coaster step back, step right back, together with left, forward on right
- 5& Touch left forward and to the left side
- 6 On 6 turn a 1/4 turn left and kick left foot forward
- 7&8 Left coaster step back, step left back, together with right and forward on left

HIP BUMPS, HEEL JACKS AND 1/2 TURN

- 1&2 Moving forward - bump right hip forward twice
- 3&4 Moving forward - bump left hip forward twice
- 5&6& Kick right forward, step right back, tap left heel forward and step down on left foot
- 7-8 Cross right over and make 1/2 turn left

HIP BUMPS, HEEL JACKS AND 1/2 TURN

- 1&2 Moving forward - bump right hip forward twice
- 3&4 Moving forward - bump left hip forward twice
- 5&6& Kick right forward, step right back and tap left heel forward, step down on left foot
- 7-8 Cross right over and make 1/2 turn left

SHOULDER PUSHES

/After you've done the above 8 counts, your feet will be apart. It may be helpful to bend your knees slightly, and place your hands on your thighs to push your shoulders side to side. If you cannot do this, use your thumbs and point them to the right and left

- 1-2 In place, push your shoulders to the right and to the left
- 3-4 Moving down, push shoulders right and left
- 5-6 Coming up slightly, push shoulders right and left
- 7-8 Back in starter position, push shoulders right and left

REPEAT

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