

# Groovin'

COPPER KNOB  
STEPPSHEETS

拍数: 56      墙数: 2      级数:  
编舞者: Mary Bee Friedrich (DE) - July 2020  
音乐: Groovin' - The Young Rascals : (Album: Billboard Club 1967 - 2.33 min)



Restart: 1 – Wall 3/ Count 55

Restart: 2 – Wall 4/ Count 32

Intro: 16 Count

#streamline2020

## Section 1: Side Close, Chasse`, Rock Back, Side Close

1 – 2            RF step to right, LF close to right  
3 & 4           RF step to right, LF close to right, RF step to right  
5 – 6           LF cross behind RF, RF recover on weight  
7 – 8           LF step to left, RF close to left

## Section 2: Chasse`, Rock Back, synchopated Groovin`Steps

1 & 2           LF step to left, RF close to left, LF step to left  
3 – 4           RF cross behind LF, LF recover on weight  
5 – 6           RF step diagonal fwd., LF cross lock behind RF  
7 – 8           RF step to right, LF step diagonaö fwd.

## Section 3: Synchopated Groovin`Steps L/R/L

1 – 2           RF cross lock behind LF, LF step to left  
3 – 4           RF step diagonal fwd., LF cross lock behind RF  
5 – 6           RF step to right, LF step diagonal fwd.  
7 – 8           RF cross lock behind LF, LF step to left

## Section 4: Rock`n Chair, ½ Pivot, Shuffle

1 – 2           RF step fwd., LF recover on weight  
3 – 4           RF Rock back, LF recover on weight  
5 – 6           RF step fwd., LF ½ turn over left  
7 & 8           RF step fwd., LF close to right, RF step fwd.

Restart on Wall 4

## Section 5: Side Step, Triangle Jazz Box, Cross Shuffle, Side Rock

1 – 2           LF step to left, RF cross over LF  
3 – 4           LF step back, RF step to right  
5 & 6           LF cross over RF, RF recover on weight, LF cross over RF  
7 – 8           RF step to right, LF recover on weight

## Section 6: Weave, Rock`n Chair

1 – 2           RF cross over LF, Lf step to left  
3 – 4           RF cross behind LF, LF step to left  
5 – 6           RF step fwd., LF recover on weight  
7 – 8           RF Rock back, LF recover on weight

## Section 7: ½ Pivot, Shuffle, ½ Pivot, Shuffle

1 – 2           RF step fwd, LF ½ turn over left  
3 & 4           RF step fwd, LF close to right, RF step fwd.  
5 – 6           LF step fwd., RF ½ turn over right  
7 & 8           LF step fwd, RF close to LF, LF step fwd.

(7 \*) Restart on Wall 3 – you lost &8

Have fun - Get the Groovin`Vibes !

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Last Update: 24 Sep 2023

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