

# Groovin' Forever

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Bracken Heidenreich (USA) - January 2023  
音乐: So Strong - Olivier Bibeau : (Album: Stereoscopic: Songs Vol. 1)



Intro: 16 counts

## SECTION 1: SIDE ROCK, BACK ROCK, WALK, WALK, TRIPLE FORWARD

1,2      Rock Right side; Recover on Left in place  
3,4      Rock Right back; Recover on Left in place  
5,6      Walk forward Right, Left  
7&8      Step Right forward; Close Left next to right; Step Right forward

## SECTION 2: JAZZ BOX QUARTER LEFT w/ TOUCH, HIP BUMPS 4X

1,2      Step Left across (in front of) right; 1/4 turn left to step Right back (9:00)  
3,4      Step Left to side; Touch Right next to left  
5,6      Step Right to side bumping hips right; Bump hips left  
7,8      Bump hips right; Bump hips left (end with weight on Left)

## SECTION 3: CROSS ROCK, TRIPLE SIDE, CROSS ROCK, 1/4 TRIPLE FORWARD

1,2      Rock Right across left; Recover on Left in place  
3&4      Step Right to right side; Close Left next to right; Step Right to right side  
5,6      Rock Left across right; Recover on Right in place  
7&8      1/4 turn left to step Left forward; Close Right next to left; Step Left forward (6:00)

## SECTION 4: STEP, POINT, STEP, POINT, JAZZ QUARTER RIGHT w/ CROSS

1,2      Step Right forward; Point Left to side  
3,4      Step Left forward; Point Right to side  
5,6      Step Right across (in front of) left; 1/4 turn right to step Left back (9:00)  
7,8      Step Right to right side; Step Left across (in front of) right

END OF DANCE

\*After wall 2, begin dance by stepping Right to right side (beginning of the side rock), then hold 1 count, and restart with the side rock. The music absolutely stops at this point.

Stepsheet 01/30/2023

Last Update: 31 Jan 2023