

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