

Let This Groove

COPPER KNOB
BY STEPHEN HETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Bert Baluyut (USA) - March 2025
音乐: Let's Groove - Earth, Wind & Fire



(32-count intro – Dance starts on lyrics.)

1/4 TURN, 1/2 TURN, COASTER STEP, 1/4 TURN, 1/4 TURN, 1/4 SAILOR TURN

- 1,2, R foot step right 1/4 turn right-facing 3 o'clock, L foot step forward 1/2 turn right-facing 9 o'clock (total of a 3/4 right spin).
- 3&4 R foot step back, L foot step next to R foot, R foot step forward.
- 5,6 L foot step forward 1/4 turn left-facing 6 o'clock, R foot step right 1/4 turn left-facing 3 o'clock (total of a 1/2 left spin).
- 7&8 L foot step behind R foot 1/4 turn left-facing back to 12 o'clock, R foot step next to L foot, L foot step next to R foot.

FORWARD HEEL SWITCHES, 1/4 MONTEREY TURN

- 1&2& Touch R heel forward, R foot return step next to L foot, touch L heel forward, L foot return step next to R foot
- 3&4 Touch R heel forward, R foot return step next to L foot, L foot step next to R foot.
- 5-8 R foot touch out right, R foot return step next to L foot while spinning 1/4 turn right on ball of L foot-facing 3 o'clock, touch L foot out left, L foot return step next to R foot.

1/4 TURN JAZZ BOX, STEP, 1/2 PIVOT, STEP, 1/4 PIVOT

- 1-4 R foot cross step over L foot, L foot step back, R foot step right 1/4 turn right-facing 6 o'clock, L foot step next to R foot.
- 5,6 R foot step forward, pivot 1/2 turn left while stepping onto L foot-facing back to 12 o'clock.
- 7,8 R foot step forward, pivot 1/4 turn left while stepping onto L foot-facing 9 o'clock (new wall).

V-STEP, HIP BUMPS OR SWIVELS (OR STYLIZE)

- 1-4 R foot step forward diagonally-1 o'clock, L foot step forward diagonally-11 o'clock (even with R foot), R foot step back, L foot step back next to R foot.
- 5-8 Bump hips right, left, right, left OR swivel hips in a circle from right to left 2X (you can stylize these last four counts any way you want, just make sure your weight ends up on the L foot).

START AGAIN

ENJOY!

Notes: ("Step" is a complete weight transfer to that foot. "Touch" is a foot movement without weight transfer.)

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