

拍数: 48 墙数: 4 级数: Intermediate

编舞者: Rob Fowler (ES)

音乐: Groove Is In The Heart - Dee-Lite



#### Start after 32 counts of the strong beat on the words "the chills that you"

#### STEP LEFT, RIGHT CROSS ROCK, SWEEP AND SAILOR ½ TURN, LEFT ROCK AND JAZZ BOX

1-2 Step left to side, rock right across left, recover

3 Sweep right to right and behind left

4&5 Step on right, ½ turn right onto left, step right next to left

6-7 Rock left to left side, recover to right

8&1 Cross left over right, step back on right, left next to right

### WALK, WALK, SHUFFLE, STEP 3/4 TURN RIGHT, SIDE SHUFFLE, HIP BUMP

2-3 Walk forward, left, right

4&5 Right shuffle forward (right, left, right)
6-7 Step forward left, ¾ turn to right

Step to side, right next to left, left to side, bumping hips left

#### HIP BUMPS, RIGHT AND LEFT TWINKLE, STEP 3/4 SWEEP

2-3 Bump hips left, right

4&5 Right across left, left to side, right next to left 6&7 Left across right, right to side, left next to right

Walk forward right left, sweep right foot making \(^3\)4 turn right

#### SYNCOPATED WEAVE, ROCK RECOVER, 1/4 TURN BOX STEP

2-3 Step right behind left, left to side

4&5 Cross right across left, left to side, right across left

6-7 Rock left to left, recover

Step left across right, step right back making ½ turn left, step left next to right

## RIGHT ROCK STEPS, CROSS UNWIND FULL TURN, RIGHT SHUFFLE

2&3& Rock right across left, recover, rock right to right side, recover

4&5 Rock right across left, step right to right side 6-7 Cross left across right make full turn right

8&1 Right to the side, left next to right, right to the side

#### LEFT ROCK STEPS, CROSS UNWIND FULL TURN, LEFT SHUFFLE

2&3& Rock left across right, recover, rock left to left side, recover

4&5 Rock left across right, step left to left side 6-7 Cross right across left make full turn left

Left to the side, right next to left, left to the side

# **REPEAT**