You Groovy Thing

拍数: 32

级数: Intermediate

编舞者: Jutta Ahrapalo (FIN)

音乐: (You Make Me Feel) Groovy! - Glen Mitchell

RIGHT SIDE SHUFFLE, ROCK STEP, LEFT SIDE SHUFFLE, ROCK STEP

- 1&2 Shuffle to right side (right, left, right)
- 3-4 Rock left back, recover weight on right
- 5&6 Shuffle to left side (left, right, left)
- 7-8 Rock right back, recover weight on left

STEP, KNEE IN-OUT-IN, KICK, CROSS, UNWIND FULL TURN

- 1 Step and press right ball to right side knee turned out
- 2-4 Turn right knee in, out, in
- 5-6 Push and kick right foot to right side, cross right foot behind left
- 7-8 Unwind full turn to right (weight ends on left and right is crossed in front)

RONDE, SYNCOPATED WEAVE TO LEFT, COASTER STEP, ½ PIVOT

- 1 Sweep right back
- 2&3-4 Step right behind left, step left to left side, step right across left, step left to left side
- 5&6 Step right back, step left beside right, step right forward
- 7-8 Step left forward, turn 1/2 turn right

SHUFFLE FORWARD, KICK BALL STEP, STEP, TURN, STEP, FLICK

- 1&2 Shuffle forward left, right, left
- 3&4 Kick right foot forward, step right beside left, step left forward
- 5-6 Step right forward, turn ³/₄ turn left
- 7-8 Step left to left side, flick right up and behind left

REPEAT





墙数: 4