

# In The Groove

拍数: 48      墙数: 2      级数:  
编舞者: Marg Jones (CAN)  
音乐: Cypress Grove - The GrooveGrass Boyz



## STEP, HIP BUMPS, COASTER BACK

1&2      Step forward on right, bumping hips forward, back, forward  
3&4      Step back on left, step back on right, step forward on left

## STEP, HIP BUMPS, COASTER BACK

5-8      Repeat steps 1-4

## PENDULUM POINTS RIGHT, LEFT, RIGHT, HITCH, CROSS

9&10      Point right toe right, step right beside left, point left toe left  
&11      Step left beside right, point right toe right  
&12      Hop on left while hitching right knee(&), cross right to left of left and step down

## TURN ¼ RIGHT, STEP BACK, STEP, SHUFFLE LEFT, RIGHT, LEFT

13-14      Making ¼ turn right, step back on left, step right beside left  
15&16      Shuffle forward left, right, left

## HEEL & HEEL & STOMP, STOMP, STOMP UP

17&18      Touch right heel forward, step right beside left, touch left heel forward  
&19&20      Step left beside right, stomp right forward three times, keeping weight on left

## STEP, ¼ TURN LEFT, STEP, ¼ TURN LEFT

21-22      Step forward on right, making ¼ turn left, step left beside right  
23-24      Step forward on right, making ¼ turn left, step left beside right

## HEEL & HEEL & STOMP, STOMP STOMP DOWN

25&26      Touch right heel forward, step right beside left, touch left heel forward  
&27&28      Step left beside right, stomp right forward three times, ending with weight on right

## STEP, ¼ TURN RIGHT, STEP, ¼ TURN RIGHT

29-30      Step forward on left, making ¼ turn right, step right beside left  
31-32      Step forward on left, making ¼ turn right, step right beside left

## SIDE STEP, HOLD, & SIDE STEP, HOLD

33-34      Step left to left, hold (with clap)  
&35-36      Step right beside left, step left to left, hold (with clap)

## & TURN, ROCK FORWARD, RECOVER, COASTER BACK

&37-38      Step right beside left, turn ¼ left while rocking forward on left, rock back on right  
39&40      Step back on left, step back on right, step forward on left

## LOCK STEPS FORWARD RIGHT, LEFT, RIGHT, LEFT, RIGHT, LEFT

41&42      Step forward on right at a right diagonal, step left to right of right, step forward on right at a right diagonal  
43&44      Step forward on left at a left diagonal, step right to left of left, step forward on left at a left diagonal

## STEP FORWARD, ½ TURN LEFT, STOMP RIGHT, LEFT

45&46

Step forward on right, make  $\frac{1}{2}$  turn left, step on left

47-48

Stomp down on right, stomp down on left

**REPEAT**

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