

# Groove Thing

**COPPER** **NOB**  
BY STEPHEN

拍数: 40      墙数: 4      级数: Intermediate  
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音乐: Rapper's Delight - The Sugarhill Gang



## TOE TOUCH, TOE SWITCHES, TAKE A LOOK

1-2      Touch left to left, step left slightly forward  
3&4      Touch right to right, step right beside left, touch left to left  
5-6      Touch left forward, touch left to left  
7      Rock left to left turning head left  
8      Step left beside right turning head back to front (weight is left)

## TOE STRUT WITH ¼ TURNS RIGHT

1-2      Turn ¼ right and step on right toe, step down on right heel  
3-4      Step left toe slightly forward, step down on left heel  
5-8      Repeat counts 1-2, 3-4 exactly one time (weight is left)

## ¾ TURN LEFT WITH TOE PUMPS, TOE TOUCHES, ¼ TURN LEFT

**While turning ¾ turn left on left (&1&2&3&4)**

&1      Hitch right knee towards left, touch right toe to right (weight remains on left)  
**Easy option step right to right, pivot ½ turn left, step right forward, pivot ¼ left**  
&2      Hitch right knee towards left, touch right toe to right (weight remains on left)  
&3      Hitch right knee towards left, touch right toe to right (weight remains on left)  
&3      Hitch right knee towards left, touch right toe to right (weight remains on left)  
5&6      Touch right to right, step right beside left, touch left to left (weight is right)  
7-8      Pivot ¼ turn left circling hips counterclockwise as you turn

**Weight remains on right**

## BODY ROLL, HIP BUMPS, TRAVELING HEEL JACKS

1-2      Execute a two count body roll of your choice (weight is right)  
3-4      Bump hips back right twice (weight is right)  
5&6      Touch left heel forward, step left in place, touch right toe back  
&      Step right behind left  
7&8      Touch left heel forward, step left in place, touch right toe back

## TOE TOUCHES, MONTEREY TURN RIGHT

1-4      Touch right to right, touch right beside left, touch right to right, step right beside left  
5-6      Touch left to left, step left beside right  
7-8      Touch right to right, pivot ½ turn right and step right beside left (weight is right)

**REPEAT**