

Groove With Me

COPPER KNOB
BY STEPHEN

拍数: 40 墙数: 2 级数: Improver
编舞者: A.T. Joven
音乐: Groove With Me Tonight - MDO



HEEL SWITCHES TRAVELING BACK, STOMP, TURN, STOMP, TURN

1& Touch right heel in front, step back on right
2& Touch left heel in front, step back on left
3& Touch right heel in front, step back on right
4& Touch left heel in front, step back on left
5 Stomp right forward
6 Pivoting on left - make a ¼ turn left shifting weight on left
7 Stomp right forward
8 Pivoting on left - make a ¼ turn left shifting weight on left

FORWARD SHUFFLE, MAMBO FORWARD, BACKWARD SHUFFLE, ½ TURNING SHUFFLE

1&2 Step right forward, step left next to right, step right forward
3&4 Step forward on left, rock back on right, step back on left
5&6 Step back on right, step left next to right, step back on right
7&8 Step back on left (start making a ½ turn left), step right together, step forward left (completing ½ turn left)

FORWARD SHUFFLE, MAMBO FORWARD, BACKWARD SHUFFLE, COASTER STEP

1&2 Step right forward, step left next to right, step right forward
3&4 Step forward on left, rock back on right, step back on left
5&6 Step back on right, step left next to right, step back on right
7&8 Step back on left, step right next to left, step forward on left

STEP SIDE, ROCK SIDE, TOGETHER, STEP SIDE, ROCK SIDE, TOGETHER, TOUCH SIDE, CROSS OVER, ½ TURN LEFT

1 Step side to right on right
2& Rock side to left, step right next to left
3 Step side to left on left
4& Rock side to right, step left next to right
5 Touch right toes to right side
6 Cross right over left
7-8 Uncross making a ½ turn left (in two counts)

STEP FORWARD SWINGING THE HIPS, STEP FORWARD SWINGING THE HIPS, STEP FORWARD, STEP FORWARD, ROCK BACK, COASTER STEP

1&2 Step forward on right swinging the hips forward, back, forward
3&4 Step forward on left swinging the hips forward, back, forward
5 Step forward on right
6& Step forward on left, rock back on right
7&8 Step back on left, step right next to left, step forward on left

REPEAT