

# The Groovin' Thing

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Improver  
编舞者: Mark Furnell (UK)  
音乐: Superstar - Jamelia



## KICK BALL STEP, BOUNCE, BOUNCE, KICK, COASTER STEP, POINT SWITCH POINT

1&2      Kick right foot forward, step down on ball of right foot and step left forward  
3&4      Lean forward on left and bounce knees twice, lean back on right and kick left foot forward  
5&6      Coaster step left, right, left  
7&8      Point right toes to side, bring right to left and point left toe to side

## CROSS POINT, SHUFFLE CROSS, POINT HITCH POINT TURNS $\frac{1}{2}$ , $\frac{1}{4}$ , $\frac{1}{2}$ , (TRAVELING TO RIGHT)

&1-2      Bring left foot to right, cross right over left, point left toe out to left side  
3&4      Cross shuffle left, right, left  
5-6      Point right to out to side, pivot  $\frac{1}{2}$  turn right on left foot and point right toe to side  
7-8      Pivot  $\frac{1}{4}$  turn right on left foot and point right toe to side, pivot  $\frac{1}{2}$  turn right on left foot and point right

## SAILOR STEP, BEHIND SIDE CROSS, POINT SIDE, POINT BEHIND, CHASSE SIDE

1&2      Sailor step, right, left, right  
3&4      Step left behind right, step right to side, cross left over right  
5-6      Point right toe to side, point right toe behind left foot  
7&8      Chasse side right, stepping right, left, right

## FORWARD SAILOR STEP $\frac{1}{4}$ TURN, TRIPLE $1\frac{1}{2}$ TURN, WALK BACK LEFT, RIGHT, COASTER STEP

1&2      Cross left over right, step right back, step left  $\frac{1}{4}$  turn left  
3&4      Triple  $1\frac{1}{2}$  turn left, stepping right, left, and right  
5-6      Walk back left, right  
7&8      Coaster step back, stepping left, right, and left

REPEAT

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