

# Groovy

拍数: 32      墙数: 4      级数: Improver  
编舞者: Lou Ecken (USA)  
音乐: (You Make Me Feel) Groovy! - Glen Mitchell



## TOE TOUCH, SWIVEL, HOLD, HEELS RIGHT, LEFT, RIGHT, LEFT

- 1-2            Touch left toe out to left side, swivel both heels to the right
- 3-4            Hold
- 5-8            Swivel heels left, right, left, right (lift slightly on left swivels; ¼ turn left on the last swivel)

## CROSS TOUCH, CROSS TOUCH, CROSS TOUCH, CROSS ½ TURN

- 1-2            Step left foot across right, touch right toe out to right side
- 3-4            Step right foot across left, touch left toe out to left side
- 5-6            Step left foot across right, touch right toe out to right side
- 7-8            Cross right foot over left, pivot ½ turn to the left ending with weight on right

## CROSS SIDE TOGETHER, CROSS SIDE TOGETHER, CROSS SIDE TOGETHER, CROSS SIDE TOGETHER

- 1&2            Step left across right, step right to right side, step left next to right
- 3&4            Step right across left, step left to left side, step right next to left
- 5&6            Step left across right, step right to right side, step left next to right
- 7&8            Step right across left, step left to left side, step right next to left

## HEEL GRINDS, KICK-BALL-TOUCH, FLICK ¼ TURN, SCUFF ¼ TURN

- 1-2            Touch left heel across right, swivel knee front
- 3-4            Swivel knee back across right, then front
- 5&6            Kick left foot diagonally across right, step down on left, touch right out to right (angling body towards front)
- &7-8           Step right next to left(making ¼ turn right), flick left foot up behind body, scuff left heel while making ¼ turn right (allow foot to continue through motion to begin the dance left toe touch to side)

**REPEAT**

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