

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
