

Groove Is In The Heart

COPPER KNOB
STEPPERS

拍数: 0 墙数: 0 级数: Phrased Intermediate
编舞者: Marthe Thibeault (CAN) - December 2007
音乐: Groove Is In the Heart - Deee-Lite : (CD: Dance Party 00)



Dance starts with B when singer says "Digs"

Sequence: B, AAAA, B, AAAA, A, B&, AA, B

PART B

(1-8) TRAVELING FORWARD KICK & TOUCH SIDE

- 1&2 Right kick forward step right beside left, touch left out to left side
- 3&4 Left kick forward step left beside right, touch right out to right side
- 5&6 Right kick forward step right beside left, touch left out to left side
- 7&8 Left kick forward step left beside right, touch right out to right side

(9-16) TRAVELING BACK TOUCH SIDE, STEP

- 1-2 Touch right to right side (since right is already out to right side, just extend a bit further), step right behind left
- 3-4 Touch left to left side, step left behind right
- 5-6 Touch right to right side, step right behind left
- 7-8 Touch left to left side, step left next to left

PART B&: (Only happens ONCE) AFTER you dance B add the following 8 counts:

- 1 Step right out to the side
- 2 Snap
- 3 Hold
- 4 Snap
- 5 Rock right
- 6 Rock left
- 7 Rock right
- 8 Bring right next to left keeping weight on left

For counts 5 to 7 keep your feet apart just change weight from right, left, and right

PART A (MAIN DANCE)

(1-8) RIGHT BALL STEP, RIGHT TOUCH FORWARD, RIGHT TOUCH BACK, ¼ TURN RIGHT, HOLD, LEFT BALL CROSS, HOLD, LEFT BALL CROSS

- &1 Step right back and recover left forward
- 2 Touch right forward
- 3 Touch right back
- 4 ¼ turn right (weight on right)
- 5 Hold
- &6 Step left, step cross right over left
- 7 Hold
- &8 Step left, step cross right over left

(9-16) ½ TURN LEFT, RIGHT HITCH, ROCK RECOVER CROSS, LEFT SWEEP, CHASSE RIGHT

- 1 ½ turn right (weight on left)
- 2 Hitch right knee
- 3&4 Rock right to right side recover left, cross right over left
- 5 Sweep left back to front
- 6 Step left next to right
- 7&8 Step right to right side, step left next to right, step right to right side

(17-24) LEFT ROCK BACK, RECOVER RIGHT, STEP LEFT FORWARD, PRISSY WALK FORWARD RIGHT, PRISSY WALK FORWARD LEFT, STEP RIGHT, ½ TURN LEFT STEP LEFT, STEP FORWARD RIGHT, LEFT SHUFFLE FORWARD

- &1 Step left back and recover right forward
- 2 Step forward left
- 3 Prissy walk forward right
- 4 Prissy walk forward left
- 5 Step right
- &6 ½ turn left stepping on left, step forward on right
- 7&8 Step forward left, step right next to left, step forward left

(25-32) STEP RIGHT, HITCH LEFT, TOUCH SIDE, LEFT HITCH, STEP LEFT, HITCH RIGHT. TOUCH SIDE RIGHT HITCH

- 1 Step right to right side
 - 2 Drag left in towards right into a left hitch
 - 3 Touch left out to left side
 - 4 Drag left in towards right into a left hitch
 - 5 Step left to left side
 - 6 Drag right in towards left into a right hitch
 - 7 Touch right out to right side
 - 8 Drag right in towards left into a right hitch
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