

Just Groove Me

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver / Easy Intermediate
编舞者: Chris Cleevely (UK) - August 2008
音乐: Just Groove Me - Doug Sahm : (Album: Groover's Paradise)



Two x Right Kick Ball Steps Back; Rock Back, Recover; Forward Right Shuffle

1 & 2 Kick right foot forward, step back on right foot, step left by right
3 & 4 Kick right foot forward, step back on right foot, step left by right
5 - 6 Rock back on right, recover weight on left
7 & 8 Shuffle forwards, stepping right/left/right

Four Count Weave Right; Rock Forward, Recover, Rock Left, Recover

9 - 10 Cross left over right, step right to right side
11 - 12 Cross left behind right, step right to right side
13 - 14 Rock forward on left, recover weight on right
15 - 16 Rock left to left side, recover weight on right

Left ¼ Turning Sailor; Step Pivot ½ Turn Left; Full Turn Left (or right forward shuffle); Step, Touch

17 & 18 Cross left behind right, making ¼ turn left step right to right side, step left
19 - 20 Step forward on right, pivot ½ turn left (weight on left)
21 & 22 Full turn over left shoulder, travelling forwards, or right shuffle stepping right/left/right
23 - 24 Step forward on left, touch right toe beside left

Monterey ½ Turn Right; Syncopated Jazz Box

25 - 26 Point right toe to right side, make ½ turn right and step right together
27 - 28 Point left toe to left side, step left in place
29 - 30 Cross right over left, step back on left
31 & 32 Change weight to right foot, cross left over right, touch right toe by left

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