

French Groove

拍數: 64 牆數: 4 級數: Intermediate
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音樂: Let's Groove - Earth, Wind & Fire



#32 count intro, start on the word "Groove"

S1: DIAGONAL STEP FORWARD-TOUCH X2, ROLLING VINE

- 1,2,3,4 Step RF diagonally forward right, touch left toe next to RF, step LF diagonally forward left, touch right toe next to LF
5,6,7,8 ¼ turn right on RF, ½ turn right step back on LF, ¼ turn right step RF side right, touch left toe next to RF

S2: DIAGONAL STEP BACK-TOUCH X2, ROLLING VINE

- 1,2,3,4 Step LF diagonally back left, touch right toe next to LF, step RF diagonally back right, touch left toe next to RF
5,6,7,8 ¼ turn left on LF, ½ turn left step back on RF, ¼ turn left step LF side left, touch right toe next to LF

S3: V-STEP, TOE STRUT, ¼ TURN TOE STRUT

- 1,2,3,4 Step RF diagonally forward right, step LF diagonally forward left, step RF center back, step LF next to RF
5,6,7,8 Step right toe forward, put weight on right heel, ¼ turn left step left toe forward, put weight on left heel

S4: TOUCH, KICK, OUT, OUT, POP, DOWN, SAILOR STEP X2

- 1,2&3&4 Touch right toe next to LF, kick RF forward, step RF side right, step LF slightly side left, pop both knees forward to lift heels, straighten legs to lower heels (weight on LF)
5&6,7&8 Step RF behind LF, step LF side left, step RF side right, step LF behind RF, step RF side right, step LF side left

S5: WALK X2, OUT, OUT & CROSS, HEEL JACKS, TOUCH

- 1,2&3&4 Walk forward on RF, walk forward on LF, step RF side right, step LF slightly side left, step RF next to LF, cross LF in front of RF
&5&6&7,8 Step RF side right, touch left heel diagonally forward left, step LF next to RF, cross RF in front of LF, step LF side left, touch right heel diagonally forward right, touch right toe next to LF

S6: ¼ TURN HIP BUMPS, BALL STEP ¼ TURN X2

- 1,2,3,4 ¼ turn left step RF side right and bump hips twice, shift weight to LF and bump hips twice
&5,6&7,8 Step RF next to LF, step LF forward, ¼ turn right on RF, step LF next to RF, step RF forward, ¼ turn left on LF

S7: KICK-BALL-TOUCH X2, & TOUCH X4

- 1&2,3&4 Kick RF forward, step RF next to LF, touch left toe side left, kick LF forward, step LF next to RF, touch right toe side right
&5&6&7&8 Step RF next to LF, touch left toe side left, step LF next to RF, touch right toe side right, repeat counts &5&6

S8: CROSS TOUCH-SIDE TOUCH X2, CROSS, ¼ TURN, SIDE, CROSS, BACK, SIDE

- 1,2,3,4 Touch right toe diagonally crossed in front of LF, touch right toe side right, repeat counts 1,2
5&6,7&8 Cross RF in front of LF, ¼ turn right step back on LF, step RF slightly side right, cross LF in front of RF, step back on RF, step LF slightly side left

NO TAGS, NO RESTARTS! Enjoy!

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