

# Get Your Groove On

COPPER KNOB  
STEPSHEETS

拍數: 48      牆數: 2      級數: Improver WCS  
編舞者: Sebastiaan Holtland (NL) - April 2015  
音樂: It Serves You Right To Suffer (The Avener Rework) - The Avener & John Lee  
Hooker : (CD: The Wanderings of The Avener 2015)



# 32 count intro.

## Sec 1 [1-8] Walk, ¼ R, Side, Together, Out, Hold, Dip, ¼ R, Knee Roll R, Walks Fwd R-L.

1-2            Walk Rt fwd, turn ¼ right (3) step Lt to the left.  
&3-4           Step Rt next to Lt, step Lt out to left, Hold.  
5-6            Dip body down, coming up turn ¼ right (6) and roll R knee out to right holding weight onto Lt.  
7-8            Walk Rt fwd, walk Lt fwd.

## Sec 2 [9-16] Press, ¼ R, Sweep, Sailor Step R, Cross, Point, Behind, ¼ L, Step.

1-2            Press Rt fwd, turn ¼ right (9) recover on Lf sweep Rt slightly off the ground from front to back.  
3&4            Step Rt behind Lt, step Lt to the left, step Rt to the right.  
5-8            Cross Lt over Rt, point Rt out to right, step Rt behind Lt, turn ¼ left (6) step Lt fwd.

## Sec 3 [17-24] ¼ Pivot L, Popping Knees R-L, ¾ Triple Turn L, Back Rock, Recover.

1-4            Step Rt fwd, turn ¼ left (3) take weight onto Lt, pop R knee fwd, pop L knee fwd weight onto Rt.  
5&6            Turn ¼ left (12) step Lt fwd, turn ½ left (6) step Rt back, step Lt back.  
7-8            Rock Rt back, recover on Lt.

## Sec 4 [25-32] R Hip Push Fwd, L Hip Push Fwd, ½ Pivot L, ¼ Pivot L.

1-4            Point Rt fwd push R hip fwd, step Rt back in place, point Lt fwd push L hip fwd, step Lt back in place.  
5-8            Step Rt fwd, turn ½ left (12) take weight onto Lt, step Rt fwd, turn ¼ left (9) take weight onto Lt.

## Sec 5 [33-40] Together, Side, Touch, 2x ¼ Side Jumps to R, Jump Both Feet Apart, Hold, Hip Roll L.

&1-2            Step Rt next to Lt, step Lt to the left, touch Rt next to Lt.  
&3&4            Turn ¼ right (12) small jump to the right on Rt, touch Lt next to Rt, turn ¼ right (3) small jump to left on Lt, touch Rt next to Lt.  
&5-6            Jump Both Feet Apart (&5), Hold.  
7-8            Roll your Hips clockwise ending weight on Lf.

## Sec 6 [41-48] Step, Point, Step, Point, Behind, ¼ L, Step, ½ Pivot L.

1-4            Step Rt fwd, point Lt out to left, step Lt fwd, point Rt out to right.  
5-8            Step Rt behind Lt, turn ¼ left (12) step Lt fwd, step Rt fwd, turn ½ left (6) take weight onto Lt.

Tag ending WALL 3 after 48 count (facing 12 o'clock) after start again (Facing 6 o'clock).

Tag: 2x Out, Out, Back, Together.

1-8 2            x Step Rt out to right, step Lt out to left, step Rt back, step Lt next to Rt.

Start again and have fun!

Contact: [smoothdancer79@hotmail.com](mailto:smoothdancer79@hotmail.com)