

# The Groove

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Ann-Kristin Sandberg (NOR) - May 2015  
音樂: The Groove Is the Solution - Helena Paparizou : (iTunes)



Start dancing after vocals say..1-2-3-4

## POINT FORW-POINT BACK-KICK BALL STEP-SIDE-TOUCH-KICK & CROSS

1-2            Point Right forw, Point Right back  
3&4           Kick Right forw, Step Right next to Left, Step Left forw  
5-6           Step Right to Right side, Touch Left next to Right  
7&8           Kick Left forw, Step Left next to Right, Cross Right over Left

## TOE STRUTS-SLIDE FORW L R L-TOUCH

1-2            Touch Left toe to left side, Heel down  
3-4            Touch Right toe to Right side, Heel down  
5-6            Slide Left forw, Slide Right forw  
7-8            Slide Left forw, Touch Right next to Left

## SIDE-TOGETHER-SIDE-TOUCH-1/4 TURN L-1/2 TURN L-SHUFFLE ½ TURN L

1-2            Step Right to Right side, Step Left next to Right (arms up on 1,arms down on 2)  
3-4            Step Right to Right side, Touch Left next to Right (arms up on 3,arms down on 4)  
5-6            ¼ turn Left stepping Left forw, ½ turn Left stepping Right back (03)  
7&8            ½ turn Left stepping Left forw, Step Right next to Left, Step Left forw (09)

## BESIDE-1/4 TURN L-STEP-SHUFFLE WITH ¼ TURN L-WALK x 2-SIDE RECOVER

&1-2           Step Right next to Left, ¼ turn Left stepping Left forw, Step Right forw(06)  
3&4            ¼ turn Left stepping Left forw, Step Right next to Left, Step Left forw (03)  
5-6            Step Right forw, Step Left forw  
7-8            Step Right to Right side, Recover onto Left

ENJOY!