

Groov 'N Line

COPPERKNOB
BYEFOURTEENS

拍數: 32
編舞者: Michael & Rachel - October 2015
音樂: Groovin' with You - Gord Bamford

牆數: 4

級數: Absolute Beginner



#16 count intro

| | |
|------------|---|
| 1, 2 | right walk, left walk |
| 3 & 4 | right heel & left heel (heel switches) |
| 5, 6 | right walk, left walk |
| 7 & 8 | right heel & left heel (heel switches) |
| | |
| 1, 2 | right foot rock forward, left foot recover |
| 3 & 4 | ½ turn over right shoulder & right foot shuffle forward |
| 5, 6 | left foot rock forward, right foot recover |
| 7 & 8 | left foot coaster step |
| | |
| 1, 2, 3, 4 | right foot jazz box making ¼ turn to the right |
| & 5, 6 | right foot out, left foot out (out, out), hold |
| 7, 8 | 2 hip thrusts |
| | |
| 1, 2 | right hip bumps (2x) |
| 3, 4 | left hip bumps (2x) |
| 5, 6, 7, 8 | hip rolls (for 4 counts) |

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