

# M S Groove

COPPER KNOB  
BY STEPSHEETS

拍數: 64      牆數: 1      級數: Soul line  
編舞者: Luellen Lucas - May 2016  
音樂: Dance - Mose Stovall : (Album: Groove U)



\*\* Step sheet prepared by Harry Woods

#32 count intro, support on left

## S1: HEEL, HOOK, TRIPLE DIAGONALLY FORWARD, HEEL, HOOK, TRIPLE DIAGONALLY FORWARD

1            Touch right heel forward  
2            Hook right  
3&          Step right diagonally forward, step left beside right  
4            Step right diagonally forward  
5            Touch left heel forward  
6            Hook left  
7&          Step left diagonally forward, step right beside left  
8            Step left diagonally forward

## S2: ROCK FORWARD RECOVER, KICK BALL, ROCK FORWARD RECOVER, KICK BALL, ROCK FORWARD, RECOVER, (TURN ½) STEP, SIDE

1&          Rock right forward, recover left  
2&          Kick right forward, step ball of right beside left  
3&          Rock left forward, recover right  
4&          Kick left forward, step ball of left beside right  
5            Rock right forward  
6            Recover left  
7            Turn ½ right stepping right forward  
8            Step left to side

## S3: HEEL, HOOK, TRIPLE DIAGONALLY FORWARD, HEEL, HOOK, TRIPLE DIAGONALLY FORWARD

1            Touch right heel forward  
2            Hook right  
3&          Step right diagonally forward, step left beside right  
4            Step right diagonally forward  
5            Touch left heel forward  
6            Hook left  
7&          Step left diagonally forward, step right beside left  
8            Step left diagonally forward

## S4: ROCK FORWARD RECOVER, KICK BALL, ROCK FORWARD RECOVER, KICK BALL, ROCK FORWARD, RECOVER, (TURN ½) STEP, SIDE

1&          Rock right forward, recover left  
2&          Kick right forward, step ball of right beside left  
3&          Rock left forward, recover right  
4&          Kick left forward, step ball of left beside right  
5            Rock right forward  
6            Recover left  
7            Turn ½ right stepping right forward  
8            Step left to side

## S5: CROSS SIDE, BEHIND SIDE, KNEE LIFT, KNEE LIFT BALL, CROSS SIDE, BEHIND SIDE, KNEE LIFT,

## **KNEE LIFT BALL**

- 1& Step right across left, step left to side
- 2& Step right behind left, step left to side
- 3 Lift right knee
- 4& Lift right knee, step ball of right beside left
- 5& Step left across right, step right to side
- 6& Step left behind right, step right to side
- 7 Lift left knee
- 8& Lift left knee, step ball of left beside right

**Ending begins here during 5th rotation.**

## **S6: OUT, OUT, IN, IN, STEP, (TURN ¼) SHIFT, STEP, (TURN ¼) SHIFT**

- 1 Step right diagonally forward
- 2 Step left to side
- 3 Step right diagonally left back
- 4 Step left together
- 5 Step right forward
- 6 Turn ¼ left shifting support left
- 7 Step right forward
- 8 Turn ¼ left shifting support left

## **S7: CROSS SIDE, BEHIND SIDE, KNEE LIFT, KNEE LIFT BALL, CROSS SIDE, BEHIND SIDE, KNEE LIFT, KNEE LIFT BALL**

- 1& Step right across left, step left to side
- 2& Step right behind left, step left to side
- 3 Lift right knee
- 4& Lift right knee, step ball of right beside left
- 5& Step left across right, step right to side
- 6& Step left behind right, step right to side
- 7 Lift left knee
- 8& Lift left knee, step ball of left beside right

## **S8: OUT, OUT, IN, IN, STEP, (TURN ¼) SHIFT, STEP, (TURN ¼) SHIFT**

- 1 Step right diagonally forward
- 2 Step left to side
- 3 Step right diagonally left back
- 4 Step left together
- 5 Step right forward
- 6 Turn ¼ left shifting support left
- 7 Step right forward
- 8 Turn ¼ left shifting support left

## **REPEAT**

**ENDING: occurs during 5th rotation. Beginning at count 41, after the 10th measure of music, dance the following steps to end.**

## **STEP, (TURN ½) SHIFT, STEP, (TURN ½) SHIFT, SIDE, SIDE, SIDE, SIDE**

- 1 Step right forward
- 2 Turn ½ left shifting support left
- 3 Step right forward
- 4 Turn ½ left shifting support left
- 5 Step right to side with rocking motion
- 6 Step left to side with rocking motion
- 7 Step right to side with rocking motion

8 Step left to side with rocking motion

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