

# Groovy Day

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Easy Intermediate  
編舞者: Inge Vestergård (DK) & Lene Mainz Pedersen (DK) - October 2016  
音樂: Groovy Day - Thomas Helmig : (iTunes)



Intro: 32 counts from where the music starts with "Groovy"

## [1-8] □ FIGURE 8

1,2,3,4      Step R to R side, Step L behind R, Step 1/4 R step R fw, Step fw on L (3:00)  
5,6,7,8      Turn 1/2 R step R fw, turn 1/4 R step L to L side, Step R behind L, Step L to L side (12:00)

## [9-16] □ CROSS ROCK, CHASSE, CROSS SIDE, SAILOR 1/2 L

1-2      Cross R in front of L, recover on L  
3&4      Step R to R side, Step L beside R, Step R to R side  
5-6      Cross L in front of R, Step R to R side  
7&8      Turn 1/2 L sweep L back, Step R to R side, Step L fw (6:00)

## [17-24] □ STEP, KICK SWEEP, STEP, KICK SWEEP, JAZZ 1/4 R

1-4      Step R fw, Sweep L in front of R, Step L fw, Sweep R in front of L  
5-8      Cross R in front of L, Turn 1/4 R step L back, Step R to R side, Step L fw (9:00)

## [25-32] □ STEP R FW, SWIVEL, BACK ROCK, STEP TURN L, SHUFFLE FW

1&2      Step R fw, Swivel □ both Heels R, recover ( weight on L )  
3-4      Rock back on R, recover on L  
5-6      Step R fw, Turn 1/2 L step L fw (3:00)  
7&8      Step R fw, Step L beside R, Step R fw

## [33-40] □ FULL TURN R, STEP 1/4 R, CROSS SHUFFLE, KICK BALL CROSS

1-2      Turn 1/2 R step back on L (9:00), Turn 1/2 R step R fw (3:00)  
**(Easy option – Walk L + R) □**  
3-4      Step L fw, Turn 1/4 R step R to R side (6:00)  
5&6      Cross L in front of R, Step R to R side, Cross L in front of R  
7&8      Kick R to R diagonal (7:30), Step R beside L (6:00), Cross L in front of R

## [41-48] □ 1/4 MONTEREY X 2 □

1-4      Point R to R side, Turn 1/4 R step R beside L, Point L to L side, Step L beside R (9:00)  
5-8      Point R to R side, Turn 1/4 R step R beside L, Point L to L side, Step L beside R (12:00)

\*\*\* Restart: Wall 6\*\*\*

## [49-56] □ HEEL SWITCH, ROCK FW, SKATE BACKWARDS X 4

1&2&      Put R Heel fw, Step R beside L, Put L Heel fw, Step L beside R  
3-4      Rock R fw, recover on L  
5-8      Step back on R grinding L to L side, Step back on L grinding R to R side, Step back on R grinding L to L side, Step back on L grinding R to R side

## [57-64] □ COASTER, PADDLE 1/4 R X 2, CROSS SHUFFLE

1&2      Step back on R, Step L beside R, Step R fw  
3-6      Step L fw, Turn 1/4 R step R to R side (3:00), Step L fw, Turn 1/4 R step R to R side (6:00)  
7&8      Cross L in front of R, Step R to R side, Cross L in front of R

Begin again.

Tag: End of Wall 3: SIDE ROCK, BACK ROCK

1-4 Rock R to R side, recover on L, Rock back on R behind L, recover on L

**\*\*\* Restart: Wall 6 - After 48 Counts**

Dance start (6:00) – restart (6:00) □

**Ending: □ Wall 7 – After count 40 - 1/2 MONTEREY X 2**

1-4 Point R to R side, Turn 1/2 R stepping R beside L, Point L to L side, Step L beside R (6:00)

5-8 Point R to R side, Turn 1/2 R stepping R beside L, Point L to L side, Step L beside R (12:00)

– THEN Step R to R side – pooooooooose

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