

GReen GROove (Cứ Thế Bay)

COPPERKNOB
STEPSHEETS

拍數: 84 牆數: 4 級數: Phrased Intermediate
編舞者: Angéline Fourmage (FR) - October 2018
音樂: GReen GROove (Cứ Thế Bay) - Trọng Hiếu



Start : 16 counts (On lyrics) 4 Restarts

Seq; A-B-A-B-B-A(32)-A(32)-B-B

Part A : 52 Counts

A[1-8] : Rock Step, Curve Turning Weave R, Chassé L

1-2 RF to R side, Recover to LF
3&4& Make an 1/8 turn R cross RF behind LF, Make an 1/8 turn R step LF to L side, Make an 1/8 turn R cross RF over LF, Make an 1/8 turn R step LF to L side
5&6 Cross RF behind LF, LF to L side, Cross RF over LF
7&8 Chassé L (LF to L side, RF next to LF, LF to L side)

A[9-16] : Rock Step, Step Back, Hold, Step Together, Point, Point, Kick, Ball, Step

1-2 RF FW, Recover to LF
3-4 RF Back, Hold (Option : Body Roll)
&5&6 LF next to RF, Point RF to R side, RF next to LF, Point LF to L side
7&8 L Kick FW, LFnext to RF, RF FW

A[17-24] : Step ¼ R, Drag, Step, Drag, Step FW ¼ L, Step FW, Kick Ball Point

1-2 Make ¼ R with LF to L side with R Drag, Touch RF next to LF
3-4 RF to R side with L Drag, Touch LF next to RF
5-6 Make ¼ R with LF FW, RF FW (Option : Knee Pop)
7&8 L Kick FW, LF next to RF, Point RF to R side

A[25-32] : Kick Ball Point, Step, Cross, Step ¼ L, Step Side ¼ L, Press, Rondé, Step ¼, Rock Step* (1 restart) (For part B, Touch LF next to RF not recover to LF)

1&2 R Kick FW, RF next to LF, Point LF to L side
3-4 Cross LF over RF, Make ¼ L with RF Back
5-6 Make ¼ L with LF to L side, R Press
7-8& Recover to LF with R Rondé from front to back, Make ¼ R with RF Back, Recover to LF

A[33-40] : Toe Strut, Toe Strut, Side, Cross, Side, Touch

1-2 R toe strut to R side (Step right toe, drop right heel)
3-4 Cross LF over RF with L toe strut (Step left toe, drop left heel)
5-6 RF to R side, Cross LF over RF
7-8 RF to R side, Touch LF next to RF

A[40-48] : Toe Strut, Toe Strut, Side, Cross, Side, Touch

1-2 L toe strut to L side (Step left toe, drop left heel)
3-4 Cross RF over LF with R toe strut (Step right toe, drop right heel)
5-6 LF to L side, Cross RF over LF
7-8 LF to L side, Touch RF over LF

A[49-52] : Heel Grind, Heel Grind, Touch

1-2& R Heel Grind, Recover to LF, RF next to LF
3-4& L Heel Grind, Recover to RF, Touch LF next to RF

Part B : 32 Counts

B[1-8] L Jump, R Jump, KickX2, Tap, Tap, Tap

1-2 Jump to L side, Jump to R side
3-4 R kick to R diagonal, R kick to R diagonal
5&6& R Tap FW, RF next to LF, L Tap FW, LF next to RF
7&8 R Tap FW, RF next to LF, L Tap FW

B[9-16] L Jump, R Jump, KickX2, Tap, Tap, Tap

1-2 Jump to L side, Jump to R side
3-4 R kick to R diagonal, R kick to R diagonal
5&6& R Tap FW, RF next to LF, L Tap FW, LF next to RF
7&8 R Tap FW, RF next to LF, L Tap FW

B[17-24] L Jump, R Jump, KickX2, Tap, Tap, Tap

1-2 Jump to L side, Jump to R side
3-4 R kick to R diagonal, R kick to R diagonal
5&6& R Tap FW, RF next to LF, L Tap FW, LF next to RF
7-8 R Tap FW, Touch RF next to LF

B[25-32] V Step, V Step, Mambo, Mambo

1&2& RF to R diagonal, LF to L diagonal, RF Back, LF next to RF
3&4& RF to R diagonal, LF to L diagonal, RF Back, LF next to RF
5&6 RF to R side, Recover to RF, RF next to LF
7&8 LF to L side, Recover to RF, LF next to RF(for repeat B, touch LF next to RF not LF next to RF)

NOTA : (RF = Right foot ; LF = Left Foot ; FW = Forward)

Smile and enjoy the dance - Contact : maellynedance@gmail.com
