

Groove

拍數: 32 牆數: 4 級數: Improver R&B Soul
編舞者: Marc Mitchell (CAN) - April 2020
音樂: Groove With Me - Gareth Gates



Intro: 32 counts - Direction: CCW

WALK FORWARD RIGHT, LEFT, OUT, OUT, IN, WALK LEFT, RIGHT, OUT, OUT, IN

1-2& Step right forward, step left forward, step right out to side
3-4 Recover side left, step right together
5-6& Step left forward, step right forward, step left out to side
7-8 Recover side right, step left together

PADDLE 1/8 TURN LEFT X 2, RIGHT LOCK STEP, LEFT SIDE MAMBO

1-4 Step right forward, pivot 1/8 turn X2 towards left
5&6 Step right forward diagonal, step left behind, step right forward
7&8 Step left to side, recover right, step left together

OUT, OUT, CLAP, IN, IN, CLAP, HIPS BUMPS TO RIGHT X4 CLOCKWISE

&1-2 Step out right forward, step left to side, hold & clap
&3-4 Step in right back, step left together, hold & clap
5&6& Bump right hip up diagonal, recover left, bump right hip up, recover left
7&8& Bump right hip up diagonal, recover left, bump right hip up, recover left

RIGHT VOLTAS (STEP, BALL) X 4 FOR 1/4 TURN TRAVELLING TO RIGHT, ROCK FORWARD, RECOVER, SAILOR STEP 1/4 TURN LEFT

1&2& Step right forward turning 1/16 right, touch left behind, repeat both steps
3&4 Step right forward turning 1/16 right, touch left behind, step right forward
5-6 Rock left forward, recover right
7&8 Sweep left behind, step right together 1/4 turn to left, step left forward

*RESTART: Wall 4 facing 3.00 after 16 counts (Restart facing 12.00)

*ENDING: Wall 12 facing 3.00 after 20 counts. On count 18: Jump back with arms out, palms facing down.

*WALL SEQUENCE: 12,9,6,3,12,9,6,3,12,9,6,3

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