

# Groove

拍數: 32      牆數: 4      級數: Improver R&B Soul  
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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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