

# Groovin'

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Michelle Wright (USA) - May 2020  
音樂: Groovin' (That Feel Good Song) - Yam Haus



Dance starts with the lyrics

\*option to make dance absolute beginner included on step sheet\*

Restart on 3rd rotation facing 6 o'clock after 16 counts

## Section 1: R diagonal step, together, step, together with hand shoops and clap, up and down heel twists

- 1,2,3,4      Step R forward diagonal as you swing fists forward and bump R hip over R, step L next R as you swing both fists back to hips, Step R forward diagonal as you swing both fists forward and bump R hip over R, step L next to R as you clap
- 5,6,7,8      Twist both heels to L as you bend knees towards R, twist heels center as you straighten knees, Twist both heels L as you bend knees towards R, twist heels center as you straighten knees (weight on R)

## Section 2: L diagonal step, together, step, together with shoops and claps, up and down heel twists

- 1,2,3,4      Step L forward diagonal as you swing fists forward and push L hip over L, step R next L as you swing both fists back to hips, Step L forward diagonal as you swing both fists forward and push L hip over L, step R next to L as you clap
- 5,6,7,8      Twist both heels to R as you bend knees towards L, twist heels center as you straighten knees, Twist both heels R as you bend knees towards L, twist heels center as you straighten knees (weight on L)

(Restart here on 3rd rotation facing 6 o'clock)

## Section 3: Pony K step ¼ turn with optional windmill style arms

- 1&2      Step R Forward diagonal while popping L knee up, step ball of L next to R, Step R next to L while popping L knee up
- 3&4      Step L back while popping R knee up, Step ball of R next To L, Step L next to R while popping R knee up
- 5&6      ¼ turn stepping R to R side while popping L knee up, Step ball of L next To R, step R next to L while popping L knee up
- 7&8      Step L to L while popping R knee up, Step ball of R next to L, Step L next to R while popping R knee up

Optional arm motions: 1&2: Dip R shoulder down L arm up, 3&4: Dip L shoulder down R arm up 5&6: Dip R shoulder down L arm up, 7&8: Dip L shoulder down R arm up

## \*Section 3: Optional for Absolute beginners- K step ¼ turn\*

- 1,2      Step R forward on Diagonal, Touch L next to R
- 3,4      Step L back on diagonal, Touch R next to L
- 5,6      ¼ turn Step R to R side, Touch L next to R
- 7,8      Step L to L side, Touch R next to L

## Section 4: V step with Hip pushes, R & L hip bumps

- 1,2      Step R forward on diagonal as you push R hip forward, Step L forward on diagonal as you push L hip forward
- 3,4      Step Back R, Step L next to R
- 5,6      Bump Hips R x2
- 7,8      Bump Hips L x2

End of dance! Have fun and start Groovin'! Feel free to add any fun hand/ arm motions to the dance. Mash potato, washing machine, pulp fiction arms, ect. Just have fun with the dance!

Any questions email [Michellelinedance@gmail.com](mailto:Michellelinedance@gmail.com)

