

Groovin'

拍數: 56 牆數: 2 級數: Improver
編舞者: Mary Bee Friedrich (DE) - July 2020
音樂: Groovin' - The Young Rascals : (Album: Billboard Club 1967 - 2.33 min)



Restart: 1 – Wall 3/ Count 55

Restart: 2 – Wall 4/ Count 32

Intro: 16 Count

#streamline2020

Section 1: Side Close, Chasse`, Rock Back, Side Close

1 – 2 RF step to right, LF close to right
3 & 4 RF step to right, LF close to right, RF step to right
5 – 6 LF cross behind RF, RF recover on weight
7 – 8 LF step to left, RF close to left

Section 2: Chasse`, Rock Back, synchopated Groovin`Steps

1 & 2 LF step to left, RF close to left, LF step to left
3 – 4 RF cross behind LF, LF recover on weight
5 – 6 RF step diagonal fwd., LF cross lock behind RF
7 – 8 RF step to right, LF step diagonaö fwd.

Section 3: Synchopated Groovin`Steps L/R/L

1 – 2 RF cross lock behind LF, LF step to left
3 – 4 RF step diagonal fwd., LF cross lock behind RF
5 – 6 RF step to right, LF step diagonal fwd.
7 – 8 RF cross lock behind LF, LF step to left

Section 4: Rock`n Chair, ½ Pivot, Shuffle

1 – 2 RF step fwd., LF recover on weight
3 – 4 RF Rock back, LF recover on weight
5 – 6 RF step fwd., LF ½ turn over left
7 & 8 RF step fwd., LF close to right, RF step fwd.

Restart on Wall 4 changing count 8 into RF touch to LF

Section 5: Side Step, Triangle Jazz Box, Cross Shuffle, Side Rock

1 – 2 LF step to left, RF cross over LF
3 – 4 LF step back, RF step to right
5 & 6 LF cross over RF, RF recover on weight, LF cross over RF
7 – 8 RF step to right, LF recover on weight

Section 6: Weave, Rock`n Chair

1 – 2 RF cross over LF, Lf step to left
3 – 4 RF cross behind LF, LF step to left
5 – 6 RF step fwd., LF recover on weight
7 – 8 RF Rock back, LF recover on weight

Section 7: ½ Pivot, Shuffle, ½ Pivot, Shuffle

1 – 2 RF step fwd, LF ½ turn over left
3 & 4 RF step fwd, LF close to right, RF step fwd.
5 – 6 LF step fwd., RF ½ turn over right
7 & 8 LF step fwd, RF close to LF, LF step fwd.

(7 *) Restart on Wall 3 – you lost &8

Have fun - Get the Groovin`Vibes !

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Last Update: 17 Mar 2025
