

Groove Tonight

COPPER KNOB
BY STEPHEN BRETZ

拍數: 64 牆數: 4 級數: Improver
編舞者: Lucia Clementi (USA) - February 2021
音樂: Let's Groove (Single Version) - Earth, Wind & Fire : (Album: The Vaults, Vol. 3)



Intro: 32 counts on lyric "groove"

Section 1 (1-8) Right and Left step together diagonals

- 1-4 Step R to right diagonal (1), step L next to right and bend knees (2) (1:30) Step R to right diagonal (3), touch L next to right and bend knees (4) (1:30)
- 5-8 Step L to left diagonal (5), step R next to left and bend knees (6) (10:30) Step L to left diagonal (7), touch R next to left and bend knees (8) (10:30)

Section 2 (9-16) Forward rock recovers with triple steps and hand rolls

- 1,2,3&4 Forward rock R making a 1/8 turn (1), recover L (2) (9:00), 1/4 turn stepping R (3) L (&) R (4) (12:00) (styling: hand rolls)
- 5,6,7&8 Forward rock L making a 1/4 turn (5), recover R (6) (3:00), 1/4 turn stepping L (7) R (&) L (8) (12:00) (styling: hand rolls)

Section 3 (17-24) Heel splits (out and in x2), R & L swivets

- 1-4 Swivel R, L heels out (1), swivel heels in (2), swivel R, L heels out (3), swivel heels in (4) (12:00)
- 5-6 Swivel both toes to right (weight on heel of R and toes of L) (5), bring feet back to center (6)
- 7-8 Swivel both toes to left (weight on heel of L and toes of R) (7), bring feet back to center (8)

Section 4 (25-32) R to Right side, L next to R with shimmy, L to left side, R next to L with shimmy

- 1-4 Step R to right side and shimmy shoulders (1,2), step L next to R and shimmy shoulders (3,4) (12:00)
- 5-8 Step L to left side and shimmy shoulders (5,6), step R next to L and shimmy shoulders (7,8)

Section 5 (33-40) Side touches, heel touch, step, step, hip dips

- 1&2&3&4 Touch R toe to right side (1), step R next to L (&), touch L to left side (2), step L next R (&), touch R heel forward (3), step R next to left (&), step L in place (4) (12:00)
- 5,6 Dip right hip down to right side (bend knees) (5) and bring it up (making a "u" shape) while transferring weight to R foot (6)
- 7,8 Dip left hip down to left side (7) and bring it up (making a "u" shape) while transferring weight to L foot (8)

Section 6 (41-48) Rock recover, cha-cha 1/2 turn x2

- 1,2,3&4 Rock forward R (1), recover L (2) (12:00), cha-cha 1/2 turn, stepping R (3) L (&) R (4) (6:00)
- 5,6,7&8 Rock forward L (5), recover R (6) (6:00), cha-cha 1/2 turn, stepping L (7) R (&) L (8) (12:00)

Section 7 (49-56) Skate R, skate L, skate R, step L, R; skate L, skate R, skate L, step R, L

- 1,2,3&4 Skate R to right side (1) (1:30), skate L to left side (2) (10:30), skate R to right side (3) (1:30) step L beside R (&) (1:30) step R slightly forward (4) (1:30)
- 5,6,7&8 Skate L to left side (5) (10:30), skate R to right side (6) (1:30), skate L to left side (7) (10:30) step R beside L (&) (1:30) step L slightly forward (8) (10:30)

Section 8 (57-64) "Mixer" with a 3/4 turn

- 1-8 With arms outstretched, at waist level, with hands in a fist, make a circular counterclockwise motion while making a 3/4 left turn, stepping R (1), L (2), R (3), L (4), R (5), L (6), R (7), L (8) (3:00)

No tags, no restarts

Please see video for styling

Enjoy!

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