

# Groove, Groove, Baby

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Dee Musk (UK) & Jean-Pierre Madge (CH) - January 2023  
音樂: Time to Groove (feat. Nonô) - Majestic



#48 Count Intro. Approx 22 seconds - Track approx 2 mins 27 secs. BPM 128.

Track available from [iTunes.co.uk](https://www.itunes.co.uk) [deedeemusk@gmail.com](mailto:deedeemusk@gmail.com) [Jean-pierrem@bluewin.ch](mailto:Jean-pierrem@bluewin.ch)

## Forward Rock, Recover, Step Back Knee Pop, Shuffle Forward, Step, ½ Turn Left, Shuffle Back.

- 1-3            Rock forward on R, recover weight to L, step back on R popping L knee.
- 4&5           Shuffle forward stepping, L, R, L.
- 6,7           Step forward on R, make ½ turn L (weight back on R).
- 8&1           Shuffle back stepping, L, R, L. (6 o'clock).

## Back Rock, Recover, Kick, Out, Out, Anticlockwise Hip Roll, Heel Swivel, ¼ Turn Left.

- 2,3            Rock back on R, recover weight to L.
- 4&5           Kick R forward, step R to R side, step L to L side.
- 6,7           Roll hips anticlockwise over 2 counts (weight on R).
- 8&8           Twist both heels L, twist both heels R making a ¼ turn L (weight back on R). (3 o'clock).

## Step, Slow Flick Back, Step, ½ Pivot Turn Left, Step, Hold, ¾ Turn Right.

- 1,2            Step forward on L, flick R slowly backwards on count 2.
- 3,4            Step forward on R, make ½ turn L (weight forward on L).
- 5,6            Step forward on R, hold count 6.
- 7,8            Make a ½ turn R stepping back on L, make ¼ turn R stepping R to R side. (6 o'clock).

## Cross Rock, Recover, Side Rock, Recover, Cross Rock, Recover, Side Step with Drag, Behind, ¼ Turn Left, Step, ½ Pivot Turn Left.

- 1&2&          Cross rock L over R, recover weight to R, rock L to L side, recover weight to R.
- 3&4            Cross rock L over R, recover weight to R, step L to L side dragging R towards L.
- 5-8            Cross step R behind L, make ¼ turn L stepping forward on L, step forward on R, make ½ pivot turn L. (9 o'clock).

Groove it Baby! - Enjoy and Smile

---