

One Groove

拍數: 32 牆數: 4 級數:
編舞者: Mark Furnell (UK)
音樂: Happy People - R. Kelly



STEP, TOUCH, STEP TOGETHER

1-2 Step left to side, touch right to left
3-4 Step side on right foot, touch left to right

CROSS UNWIND AND TAP TAP STEP

5-6 Step down on left and cross right over left unwind whole turn left (weight ending on right)
7&8 Tap left out to side, step down on left foot (feet should now be apart and knees bent, hands should be rested just above the knee)

SHOULDER POP RIGHT, SHOULDER POP LEFT, KNEE ROLLING CHASSE

9-10 Lean up right and pop right shoulder to side, lean up left and pop left shoulder to side (your body should be up right now)
11&12 Roll right knee out to right side and step onto right, close left to right, roll right knee out to right side and step on it

KICK BALL STEP BUMP BUMP SIT

13&14 Kick left forward, step down on left and step forward in right
15&16 Bumps hips right, left, as you bump hip right make a ¼ turn left and sit weight on to right leg

STEP ROCK AND STEP, BEHIND SIDE CROSS

17-18& Step side on left, rock back right, forward on left
19-20 Step side on right, cross left behind right

POINT, POINT, POINT, STEP

&21-22 Step side right and cross left over right, point right foot forward
23-24 Point right foot back behind left heel, point right foot forward

BEHIND SIDE CROSS DIP ½ TURN

25&26 Step right foot behind left, step side on left and cross right over left
27-28 Dip down bending both knees, make ½ turn left and straighten up (weight still on right)

COASTER WITH A HEEL AND ¼ TURN STEP TOUCH

29&30 Step back left, close right to left and touch right heel forward
&31-32 Step down on left foot, step right to side making ¼ turn left, touch left to right

REPEAT
