Ur Gruve Thang

拍數: 32 **牆數:** 1 **級數:** Improver

編舞者: Ron Kline (USA)

音樂: Shake Your Groove Thing - Peaches & Herb

This dance is best done in contra, with lines back to back and staggered

STEP FORWARD, 3 BUMPS, STEP IN PLACE, CLAP, PIVOT, WALK FORWARD, PIVOT, TOUCH, CLAP

&1-3	Step right foot slightly forward, bump hips to the right 3 times
4	Stomp right foot in place, clap hands
&5-7	Pivot ¼ to the right on left foot, walk forward (right-left-right)
&8	Pivot ¼ to the left on right foot, touch left heel forward, clap hands

¾ ROLLING VINE LEFT, TOUCH, CLAP, ¾ ROLLING VINE RIGHT, TOUCH, CLAP

| 9-12 | Step left foot to left side making a ¼ turn to the left with the step, pivot ¼ to the left on left foot stepping right foot to right side, pivot ¼ to the left on right foot stepping left foot back (now facing 3:00), touch right heel forward, clap hands |
| 13-16 | Step right foot to right side making a ¼ turn to the right with the step, pivot ¼ to the right on right foot stepping left foot to left side, pivot ¼ to the right on left foot stepping right foot back (now facing starting wall), touch left heel forward, clap hands |

SYNCOPATED JAZZ BOX, HIP BUMPS (RIGHT, LEFT)

| &17-20 | Step left foot in place, cross step right foot over left foot, step left foot back, step right foot wide to right side, stomp left foot next to right foot, clap hands |
| 21-24 | Bump hips to the right twice, bump hips to the left twice |

ROCK, TURN, CROSS, ROCK, WALK FORWARD, STOMP

| 25-28 | Rock forward on right foot, shift weight back onto left foot making a ¼ turn to the left with the step, cross step right foot over left foot, rock to left side on left foot making a ¼ turn to the right with the step (once again facing starting wall) |
| 29-32 | Walk forward (right-left-right), stomp left foot next to right foot, throwing hands upward |

REPEAT

INTRO
Dance can start after 32 beats of music (after they say "shake it shake it"). There are 4 extra beats (this is only done once). Do the dance as described adding a shimmy, simply shaking shoulders forward then back for 4 beats.