

# Groove Is In The Heart

COPPER KNOB  
STEPSHEETS

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Ross Brown (ENG)  
音樂: Groove Is In The Heart - Dee-Lite



## KICK BALL CROSS, SCISSOR STEP, SIDE, BEHIND, ROCK & CROSS

1&2      Kick right foot forward, place right next to left, cross step left over right  
3&4      Step right to the right, bring left up to right, cross step right over left  
5-6      Step left to the left, cross step right behind left  
7&8      Rock left to the left, recover onto right, cross step left over right

## ¼ STEP BACK, ¼ LARGE SCISSOR STEP, ¾ SWEEP, STEP BACK, WALK FORWARD

1-2      Step back onto right turning a ¼ left, step left a large step turning ¼ to the left  
3&4      Bring left up to right (weight stays on left), place weight on left, cross step left over right  
5      Sweep right foot to the right while turning ¾ right  
&6      Step back with right, step forward with left  
7-8      Walk forward; right, left

## ROCK FORWARD &, ROCK BACK &, STEP, ½ PIVOT, SKATE, SKATE

1-2      Rock forward with right, recover onto left  
&      Step right next to left  
3-4      Rock back with left, recover onto right  
&      Step left next to right  
5-6      Step forward with right, pivot a ½ left  
7-8      Skate forward; right, left

## ROCK FORWARD &, ROCK BACK &, STEP, ½ PIVOT, SKATE, SKATE

1-8      Repeat last section

## CROSS, SIDE, VAUDEVILLE, CROSS, SIDE, SAILOR STEP

1-2      Cross step right over left, step left to the left  
3&      Cross step right behind left, step left to the left  
4&      Tap right heel forward, place right next to left  
5-6      Cross step left over right, step right to the right  
7&8      Cross step left behind right, step right to the right, step forward with left

## (STEP, ½ PIVOT) X3, SLIDE TO THE RIGHT, SLIDE TO THE LEFT

1-2      Step forward with right, pivot a ½ left  
3&      Step forward with right, pivot a ½ left  
4&      Step forward with right, pivot a ½ left  
5-6      Step right a large step to the right, touch left next to right  
7-8      Step left a large step to the left, touch right next to left

## REPEAT

## TAG

On wall 7, after section 4 you do the tag once, then start the dance again from section 3

1-2      Touch right toe diagonally forward right, place right heel  
3-4      Touch left toe diagonally forward left, place left heel  
5-6      Touch right toe diagonally back right, place right heel  
3-4      Touch left toe diagonally back left, place left heel

