

Groovy

拍數: 48 牆數: 4 級數: Improver
編舞者: Ray Denham (UK)
音樂: (You Make Me Feel) Groovy! - Glen Mitchell



HEEL GRIND ¼ TURN, COASTER STEP, SHUFFLE, SHUFFLE TURN LEFT

1-2 Step forward on right heel, turn ¼ right stepping back onto left foot
3&4 Step back on right foot, step left next to right, step forward on right
5&6 Step forward left on left foot, close right to left, step forward on left
7&8 Make ½ turn left shuffling right, left, right

¼ TURN LEFT, SHUFFLE LEFT, SHUFFLE RIGHT, ½ TURN RIGHT

1-2 Rock back on left foot, step forward on right
3&4 Step forward on left foot, close right to left, step forward on left
5&6 Step forward on right foot, close left to right, forward on right
7-8 Cross left foot over right, unwind ½ turn right keeping weight on left foot

HEEL BALL CROSS TWICE, ROCK RIGHT LEFT, SAILOR STEP

1&2 Touch right heel forward, bring right foot back, cross left over right
3&4 Repeat steps 1 & 2
5-6 Step side right onto right foot, rock weight back onto left foot
7&8 Step right foot behind left, step to side on left foot, step side right

KICK BALL CHANGE TWICE MOVING FORWARD, ROCK STEP, SHUFFLE TURN LEFT

1&2 Kick left foot forward, bring left next to right, lift and replace right next to left
3&4 Repeat steps 1&2

The above 4 steps are made moving slightly forward

5-6 Rock forward onto left foot, step back on right foot
7&8 Shuffle ½ turn left, turning left, right, left

REPEAT LAST 8 STEPS STARTING WITH RIGHT FOOT

1-8 Repeat last 8 steps but start with right kick ball change

ROCK STEP, COASTER STEP, TURNING JAZZ BOX

1-2 Rock forward on left foot, rock back onto right
3&4 Step back on left, place right next to left, step forward on left
5-6 Cross right foot over left, step straight back onto left
7-8 Step side right turning ¼ right, step left foot next to right

REPEAT