

# Groovy Moves

拍數: 64      牆數: 4      級數:  
編舞者: Kay Romero (USA)  
音樂: Blueboy - John Fogerty



## FORWARD, SIDE, TRIPLE STEP

1-2      Touch right toe forward, slide right toe to right side  
3&4      Triple step forward (right-left-right)  
5-6      Touch left toe forward, slide left toe to left side  
7&8      Triple step forward (left-right-left)

## KICK, STEP, POINT, STEP, KICK, STEP, ¼ TURN, CROSS

1-2      Kick right foot forward, step right foot back  
3-4      Touch left toe back, step left foot forward  
5-6      Kick right foot forward, step right foot back  
7-8      Step left foot ¼ turn left, cross/step right foot in front of left foot

## SIDE TRIPLE, CROSS, ¼ TURN, COASTER STEP, SIDE TRIPLE

1&2      Left side triple (left-right-left)  
3-4      Cross/step right foot in front of left foot, step left foot back into ¼ turn right  
5&6      Coaster step: step right foot back, step left foot together, step right foot forward  
7&8      Left side triple (left-right-left)

## ROCK, STEP, RIGHT SIDE TRIPLE, ROCK, STEP, POINT, CROSS

1-2      Rock back on right foot, step left foot in place  
3&4      Right side triple (right-left-right)  
5-6      Rock back on left foot, step right foot in place  
7-8      Point left foot to left side, cross/step left foot forward in front of right foot

## POINT, CROSS, POINT, CROSS, SIDE, TURN, SIDE, TOE BACK

1-2      Point right foot to right side, cross/step right foot forward in front of left foot  
3-4      Point left foot to left side, cross/step left foot forward in front of right foot  
5-6      Touch right foot to right side, pivot ½ turn right on ball of left foot and step right foot together  
7-8      Touch left toe to side, extend/touch left foot back

## TRIPLE FORWARD, STEP, KICK ½ TURN, WALK BACK, BACK, BACK, BACK & CROSS OVER

1&2      Triple forward (left-right-left)  
3      Step right foot forward  
4      Karate kick: kick left foot forward making ½ turn right on ball of right foot and kick left foot backward  
5-7      Walk back (left-right-left)  
&8      Step right foot back, cross/step left foot over right foot

## ¼ TURN LEFT, ½ TURN LEFT, TRIPLE FORWARD, ROCK, STEP, COASTER STEP

1-2      Step right foot back into ¼ turn left, step left foot back into ½ turn left  
3-4      Triple forward (right-left-right)  
5-6      Rock forward on left foot, step back on right foot  
7&8      Coaster step: step left foot back, step right foot together, step left foot forward

## WALK 2, FORWARD, TOGETHER, BACK, STEP BACK, BACK, COASTER STEP

1-2      Walk forward right, left

3&4 Step right foot forward, step left foot together, step right foot back

5-6 Walk back left, right

**Or full turn to the right stepping back with left foot starting the turn and finish the turn by spinning on the ball of the right foot**

7&8 Coaster step: step left foot back, step right foot together, step left foot forward

### **PUSH STEPS**

1 Small step right foot forward as if pushing ball of right foot into the floor

2 Step down on right foot in place

3 Small step left foot forward as if pushing ball of left foot into the floor

4 Step down on left foot in place

5 Small step right foot forward as if pushing ball of right foot into the floor

6 Step down on right foot in place

7 Small step left foot forward as if pushing ball of left foot into the floor

8 Step down on left foot in place

### **REPEAT**

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