拍數：60 靕數：4
級數：Improver
編舞者：Robin Tanner（USA）
音樂：Let＇s Groove－Earth，Wind \＆Fire

| RIGHT VINE，LEFT VINE，FULL TURN LEFT，RIGHT，（LEFT－BACKWARDS）\＆TOUCH |  |
| :--- | :--- |
| 1－4 | Step right foot to right side，step left foot behind right，step right foot to right side and touch <br> left next to right |
| $5-8$ | Step left foot to left side，step right foot behind left foot，step left foot to left side and touch <br> right next to left |
| $9-12$ | Walking backwards turn a full turn right，left，right，\＆stomp your，left foot next to your right |

Right \＆left vines can be done as a full turn to the right then left
RIGHT KICK BALL CHANGE，CROSS RIGHT，LEFT，RIGHT \＆UNWIND
13 Kick right foot forward
\＆Step onto ball of right foot，next to left foot
14 Shift weight onto left foot
15－16 Cross right foot over left，touch left toe to left side
17－18 Cross left foot over right，touch right toe to right side
19－20 Cross right foot over left and unwind

## TWO KICK BALL CHANGES

21 Kick right foot forward
\＆Step onto ball of right foot，next to left
22 Shift weight on left foot
23 Kick right foot forward
\＆Step onto ball of right foot，next to left
24 Shift weight on left foot

TOE，HEELS
25－32
Turn toes to left while bending knees \＆coming up with left foot forward and right heel at ball of foot toe up at a 45 degree angle
You will be doing this for 8 counts while moving right

TOE BOUNCES
33－34 Step right toe to right side and bounce on right toe
35－36 Step left toe to left side and bounce on left toe
37－40 Keeping feet apart alternate toe then heels，right，left，right，left
Moving your body down and up as you do steps 37－40
41－44 Bounce on right toe twice，bounce on left toe twice
TWO COUNTRY STROLLS
45－46 Step forward with right bring left foot behind right
47－48 Step forward with right foot and scuff left foot
49－50 Step forward with left foot bring right behind left foot
51－52 Step forward with left foot and scuff right foot
STEP BACK RIGHT TOUCH，STEP BACK LEFT TOUCH，STEP BACK RIGHT TOUCH， $1 ⁄ 4$ TURN LEFT \＆ SCUFF
53－54 Step back 45 degree to right on right foot，touch left next to right
55－56 Step 45 degree to left on left foot，touch right next to left
57－58 Step back 45 degree to right on right foot，touch left next to right

