

# Groove Is In The Heart

**COPPER** KNOB  
BY STEPHENETS

拍數: 0      牆數: 0      級數: Phrased Intermediate  
編舞者: Marthe Thibeault (CAN) - December 2007  
音樂: Groove Is In the Heart - Deee-Lite : (CD: Dance Party 00)



Dance starts with B when singer says "Digs"

Sequence: B, AAAA, B, AAAA, A, B&, AA, B

## PART B

### (1-8) TRAVELING FORWARD KICK & TOUCH SIDE

1&2      Right kick forward step right beside left, touch left out to left side  
3&4      Left kick forward step left beside right, touch right out to right side  
5&6      Right kick forward step right beside left, touch left out to left side  
7&8      Left kick forward step left beside right, touch right out to right side

### (9-16) TRAVELING BACK TOUCH SIDE, STEP

1-2      Touch right to right side (since right is already out to right side, just extend a bit further), step right behind left  
3-4      Touch left to left side, step left behind right  
5-6      Touch right to right side, step right behind left  
7-8      Touch left to left side, step left next to left

### PART B&: (Only happens ONCE) AFTER you dance B add the following 8 counts:

1      Step right out to the side  
2      Snap  
3      Hold  
4      Snap  
5      Rock right  
6      Rock left  
7      Rock right  
8      Bring right next to left keeping weight on left

For counts 5 to 7 keep your feet apart just change weight from right, left, and right

## PART A (MAIN DANCE)

### (1-8) RIGHT BALL STEP, RIGHT TOUCH FORWARD, RIGHT TOUCH BACK, ¼ TURN RIGHT, HOLD, LEFT BALL CROSS, HOLD, LEFT BALL CROSS

&1      Step right back and recover left forward  
2      Touch right forward  
3      Touch right back  
4      ¼ turn right (weight on right)  
5      Hold  
&6      Step left, step cross right over left  
7      Hold  
&8      Step left, step cross right over left

### (9-16) ½ TURN LEFT, RIGHT HITCH, ROCK RECOVER CROSS, LEFT SWEEP, CHASSE RIGHT

1      ½ turn right (weight on left)  
2      Hitch right knee  
3&4      Rock right to right side recover left, cross right over left  
5      Sweep left back to front  
6      Step left next to right  
7&8      Step right to right side, step left next to right, step right to right side

**(17-24) LEFT ROCK BACK, RECOVER RIGHT, STEP LEFT FORWARD, PRISSY WALK FORWARD RIGHT, PRISSY WALK FORWARD LEFT, STEP RIGHT, ½ TURN LEFT STEP LEFT, STEP FORWARD RIGHT, LEFT SHUFFLE FORWARD**

- &1 Step left back and recover right forward
- 2 Step forward left
- 3 Prissy walk forward right
- 4 Prissy walk forward left
- 5 Step right
- &6 ½ turn left stepping on left, step forward on right
- 7&8 Step forward left, step right next to left, step forward left

**(25-32) STEP RIGHT, HITCH LEFT, TOUCH SIDE, LEFT HITCH, STEP LEFT, HITCH RIGHT. TOUCH SIDE RIGHT HITCH**

- 1 Step right to right side
  - 2 Drag left in towards right into a left hitch
  - 3 Touch left out to left side
  - 4 Drag left in towards right into a left hitch
  - 5 Step left to left side
  - 6 Drag right in towards left into a right hitch
  - 7 Touch right out to right side
  - 8 Drag right in towards left into a right hitch
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