

You Got The Groove

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Antoinette Claassens (NL) - June 2011
音樂: I Am No Superman (feat. Stay-C) - Jeronimo



Intro : 16 counts before singing

(1-8) R. Side, Behind, Heel-Ball & Cross, L. Side, Behind, Heel-Ball & Cross

1-2 step R to R side, step L behind R
3&4& step R next to L, touch L heel diagonally fwd, step L next to R, cross R over L
5-6 step L to L side, step R behind L
7&8& L next to R, Touch R heel diagonally fwd, step R next to L, cross L over R

(9-16) Step Fwd , 1/4 Turn L, Cross Shuffle, 1/2 Turn, Shuffle Fwd

1-2 step R fwd 1/4 turn L
3&4 cross R over L, step L to L side, cross R over L
5-6 make 1/4 Turn R - step L to L side, make 1/4 Turn R - step R fwd
7&8 step L fwd, close R next to L, step L fwd

(17-24) Fwd Mambo, step lock Back, 1/2 Turn R (x2), Coaster cross

1&2 rock R fwd, recover on L, Step R back
3&4 step L back, Step R across L, Step L back
5-6 make 1/2 Turn R - step R fwd, make 1/2 Turn R - step L back
7&8 step R back, Step L next to R, Cross R over L

(25-32) Mambo ¼ Turn R, Mambo Cross r.& L, R. Mambo Touch

1&2 rock L to L side, , Recover on R with ¼ turn R, step L fwd
3&4 rock R to R side, recover L, cross R over L
5&6 rock L to L side, recover R, cross L over R
7&8 rock R to R side, recover L, touch R next to L

(33-40) Side step, Shuffle Right 1/4 Turn R, Pivot 1/2 Turn R, Shuffle Fwd

1-2 step R to R side, close L to R
3&4 step R to R side, step L next to R, 1/4 turn R - step R fwd
5-6 step L fwd - 1/2 turn R, weight to R
7&8 step L fwd, close R next to L, step L fwd

(41-48) Rock, Recover, 1/2 Turn R (x2), Rock, Kickball step

1-2 rock R fwd, recover to L
3-4 Make ½ turn R -step fwd on R, make ½ turn R -step back on L
5-6 rock R back, recover to L
7&8 kick R fwd, step R next to L, step L fwd

(49-56) R. Step, Pivot 1/4 Turn L , Cross Shuffle, L. Rock 1/4 Turn R. Left Shuffle Fwd

1-2 step R forward, Pivot 1/4 turn L
3&4 cross R over L, step L to L side, cross R over L
5-6 rock L to L side, recover on R with ¼ turn R-stepping fwd
7&8 step L fwd, close R next to L, step L fwd

(57-64) Pivot 1/2 Turn Left (x2), R. Jazz Box 1/4 Turn Right L. cross

1-2 step R forward, make 1/2 turn L-weight on L
3-4 step R forward, make 1/2 turn L-weight on L

5-6 cross R over L, step L back
7-8 Make 1/4 turn R- step R to R side, cross L over R

Lets dance!!!!

Contact: www.theparkviewdancers.nl

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