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| China Groove |  |

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| **Count:** | 32 | **Wall:** | 1 | **Level:** | Intermediate | . |
| **Choreographer:** | Henry Costa (USA) |
| **Music:** | You Are Mine - Leon Lai |
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**Contact the choreographer for info on buying the CD**

**FORWARD (2 RIGHT HEEL TAPS), FORWARD (2 LEFT HEEL TAPS), FORWARD, LIFT KNEE, STEP DOWN BOW, EXTEND RIGHT TOUCH BACK**

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| 1-2 | Step slightly forward right - right heel tap, right heel tap (2 heel taps in place) (weights ends on right) |

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| 3-4 | Step slightly forward left - left heel tap, left heel tap (2 heel taps in place) (weight ends on left) |

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| 5-6 | Forward right, knee left up (hitch) - hands together in pray position |

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| 7-8 | Step down left with bow - hands still together, extend right toe touch back (back in straight position) |

**FORWARD RIGHT, ½ PIVOT LEFT, RIGHT KICK BALL CHANGE, STEP SIDE RIGHT WITH LEFT HAMSTRING CURL, STEP SIDE LEFT WITH RIGHT HAMSTRING CURL**

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| 1-2 | Forward right, ½ pivot left (transfers weight to left) |

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| 3&4 | Right kick forward, step down on ball of right, weight change to left (right kick ball change) |

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| 5-6 | Step side right, lift lower half of left leg below knee towards glute (hamstring curl) - (lift the heel behind you towards your glute. Don't let the knee come forward as you do this.) |

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| 7-8 | Step side left, lift lower half of right leg below the knee towards glute (hamstring curl) - (lift the heel behind you towards your glute. Don't let the knee come forward as you do this.) |

**STEP SIDE RIGHT, LEFT TOUCH, STEP SIDE LEFT, RIGHT TOUCH, RIGHT KNEE LIFT, STEP DOWN RIGHT, LEFT KNEE LIFT, STEP DOWN LEFT**

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| 1-2 | Step side right, toe touch left next to right |

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| 3-4 | Step side left, toe touch right next to left |

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| 5-6 | Right knee lift up (hitched), step right down (weight on right) |

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| 7-8 | Left knee lift up (hitched), step left down (weight on left) |

**RIGHT KICK FORWARD, STEP DOWN RIGHT, LEFT KICK FORWARD, STEP DOWN LEFT, CROSS RIGHT IN FRONT OF LEFT, UNWIND ½ LEFT TURN WITH HEEL BOUNCE**

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| 1-2 | Kick right out forward, step down right (weight on right) |

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| 3-4 | Kick left out forward, step down left (weight on left) |

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| 5-6 | Cross right in front of left, start to unwind to left for ½ turn (bounce and turn with weight on balls of feet, bounce heels off floor 1 time) |

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| 7-8 | Continue to unwind to left for ½ turn, finish unwind now facing wall that you started the dance (heel down - weight on left, right touch next to left - heel up) |

**Counts 6-8 bounce heels and turn, weight on balls of feet, bounce heels off floor 3 times gradually unwinding (turning ½ left) finish with weight on left foot**

**REPEAT**