|  |  |
| --- | --- |
| Groovin' |  |

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| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner | . |
| **Choreographer:** | Michelle Wright (USA) - May 2020 | | | | |
| **Music:** | Groovin' (That Feel Good Song) - Yam Haus | | | | |
| . | | | | | | |

**Dance starts with the lyrics**

**\*option to make dance absolute beginner included on step sheet\***

**Restart on 3rd rotation facing 6 o’clock after 16 counts**

**Section 1: R diagonal step, together, step, together with hand shoops and clap, up and down heel twists**

|  |  |
| --- | --- |
| 1,2,3,4 | Step R forward diagonal as you swing fists forward and bump R hip over R, step L next R as you swing both fists back to hips, Step R forward diagonal as you swing both fists |

|  |  |
| --- | --- |
|  | forward and bump R hip over R, step L next to R as you clap |

|  |  |
| --- | --- |
| 5,6,7,8 | Twist both heels to L as you bend knees towards R, twist heels center as you straighten knees, Twist both heels L as you bend knees towards R, twist heels center as you |

|  |  |
| --- | --- |
|  | straighten knees (weight on R) |

**Section 2: L diagonal step, together,step, together with shoops and claps, up and down heel twists**

|  |  |
| --- | --- |
| 1,2,3,4 | Step L forward diagonal as you swing fists forward and push L hip over L, step R next L as you swing both fists back to hips, Step L forward diagonal as you swing both fists |

|  |  |
| --- | --- |
|  | forward and push L hip over L, step R next to L as you clap |

|  |  |
| --- | --- |
| 5,6,7,8 | Twist both heels to R as you bend knees towards L, twist heels center as you straighten knees, Twist both heels R as you bend knees towards L, twist heels center as you |

|  |  |
| --- | --- |
|  | straighten knees (weight on L) |

**(Restart here on 3rd rotation facing 6 o’clock)**

**Section 3: Pony K step ¼ turn with optional windmill style arms**

|  |  |
| --- | --- |
| 1&2 | Step R Forward diagonal while popping L knee up, step ball of L next to R , Step R next to L while popping L knee up |

|  |  |
| --- | --- |
| 3&4 | Step L back while popping R knee up, Step ball of R next To L, Step L next to R while popping R knee up |

|  |  |
| --- | --- |
| 5&6 | ¼ turn stepping R to R side while popping L knee up, Step ball of L next To R, step R next to L while popping L knee up |

|  |  |
| --- | --- |
| 7&8 | Step L to L while popping R knee up, Step ball of R next to L, Step L next to R while popping R knee up |

**Optional arm motions: 1&2: Dip R shoulder down L arm up, 3&4: Dip L shoulder down R arm up 5&6: Dip R shoulder down L arm up, 7&8; Dip L shoulder down R arm up**

**\*Section 3: Optional for Absolute beginners- K step ¼ turn\***

|  |  |
| --- | --- |
| 1,2 | Step R forward on Diagonal, Touch L next to R |

|  |  |
| --- | --- |
| 3,4 | Step L back on diagonal, Touch R next to L |

|  |  |
| --- | --- |
| 5,6 | ¼ turn Step R to R side, Touch L next to R |

|  |  |
| --- | --- |
| 7,8 | Step L to L side, Touch R next to L |

**Section 4: V step with Hip pushes, R & L hip bumps**

|  |  |
| --- | --- |
| 1,2 | Step R forward on diagonal as you push R hip forward, Step L forward on diagonal as you push L hip forward |

|  |  |
| --- | --- |
| 3,4 | Step Back R, Step L next to R |

|  |  |
| --- | --- |
| 5,6 | Bump Hips R x2 |

|  |  |
| --- | --- |
| 7,8 | Bump Hips L x2 |

**End of dance! Have fun and start Groovin’! Feel free to add any fun hand/ arm motions to the dance. Mash potato, washing machine, pulp fiction arms, ect. Just have fun with the dance!**

**Any questions email Michellelinedance@gmail.com**