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| Groove Is In The Heart |  |

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| . |
| **Count:** | 48 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Ross Brown (ENG) |
| **Music:** | Groove Is In The Heart - Dee-Lite |
| . |

**KICK BALL CROSS, SCISSOR STEP, SIDE, BEHIND, ROCK & CROSS**

|  |  |
| --- | --- |
| 1&2 | Kick right foot forward, place right next to left, cross step left over right |

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| --- | --- |
| 3&4 | Step right to the right, bring left up to right, cross step right over left |

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| --- | --- |
| 5-6 | Step left to the left, cross step right behind left |

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| --- | --- |
| 7&8 | Rock left to the left, recover onto right, cross step left over right |

**¼ STEP BACK, ¼ LARGE SCISSOR STEP, ¾ SWEEP, STEP BACK, WALK FORWARD**

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| --- | --- |
| 1-2 | Step back onto right turning a ¼ left, step left a large step turning ¼ to the left |

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| 3&4 | Bring left up to right (weight stays on left), place weight on left, cross step left over right |

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| --- | --- |
| 5 | Sweep right foot to the right while turning ¾ right |

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| &6 | Step back with right, step forward with left |

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| --- | --- |
| 7-8 | Walk forward; right, left |

**ROCK FORWARD &, ROCK BACK &, STEP, ½ PIVOT, SKATE, SKATE**

|  |  |
| --- | --- |
| 1-2 | Rock forward with right, recover onto left |

|  |  |
| --- | --- |
| & | Step right next to left |

|  |  |
| --- | --- |
| 3-4 | Rock back with left, recover onto right |

|  |  |
| --- | --- |
| & | Step left next to right |

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| --- | --- |
| 5-6 | Step forward with right, pivot a ½ left |

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| --- | --- |
| 7-8 | Skate forward; right, left |

**ROCK FORWARD &, ROCK BACK &, STEP, ½ PIVOT, SKATE, SKATE**

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| --- | --- |
| 1-8 | Repeat last section |

**CROSS, SIDE, VAUDEVILLE, CROSS, SIDE, SAILOR STEP**

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| --- | --- |
| 1-2 | Cross step right over left, step left to the left |

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| 3& | Cross step right behind left, step left to the left |

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| --- | --- |
| 4& | Tap right heel forward, place right next to left |

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| --- | --- |
| 5-6 | Cross step left over right, step right to the right |

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| --- | --- |
| 7&8 | Cross step left behind right, step right to the right, step forward with left |

**(STEP, ½ PIVOT) X3, SLIDE TO THE RIGHT, SLIDE TO THE LEFT**

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| --- | --- |
| 1-2 | Step forward with right, pivot a ½ left |

|  |  |
| --- | --- |
| 3& | Step forward with right, pivot a ½ left |

|  |  |
| --- | --- |
| 4& | Step forward with right, pivot a ½ left |

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| --- | --- |
| 5-6 | Step right a large step to the right, touch left next to right |

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| --- | --- |
| 7-8 | Step left a large step to the left, touch right next to left |

**REPEAT**

**TAG**

**On wall 7, after section 4 you do the tag once, then start the dance again from section 3**

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| --- | --- |
| 1-2 | Touch right toe diagonally forward right, place right heel |

|  |  |
| --- | --- |
| 3-4 | Touch left toe diagonally forward left, place left heel |

|  |  |
| --- | --- |
| 5-6 | Touch right toe diagonally back right, place right heel |

|  |  |
| --- | --- |
| 3-4 | Touch left toe diagonally back left, place left heel |