

# M S Groove



**Count:** 64      **Wall:** 1      **Level:** Soul line

**Choreographer:** Luellen Lucas - May 2016

**Music:** Dance by Mose Stovall [Album: Groove U]



**\*\* Step sheet prepared by Harry Woods**

**#32 count intro, support on left**

**S1: HEEL, HOOK, TRIPLE DIAGONALLY FORWARD, HEEL, HOOK, TRIPLE DIAGONALLY FORWARD**

- 1 Touch right heel forward
- 2 Hook right
- 3& Step right diagonally forward, step left beside right
- 4 Step right diagonally forward
- 5 Touch left heel forward
- 6 Hook left
- 7& Step left diagonally forward, step right beside left
- 8 Step left diagonally forward

**S2: ROCK FORWARD RECOVER, KICK BALL, ROCK FORWARD RECOVER, KICK BALL, ROCK FORWARD, RECOVER, (TURN ½) STEP, SIDE**

- 1& Rock right forward, recover left
- 2& Kick right forward, step ball of right beside left
- 3& Rock left forward, recover right
- 4& Kick left forward, step ball of left beside right
- 5 Rock right forward
- 6 Recover left
- 7 Turn ½ right stepping right forward
- 8 Step left to side

**S3: HEEL, HOOK, TRIPLE DIAGONALLY FORWARD, HEEL, HOOK, TRIPLE DIAGONALLY FORWARD**

- 1 Touch right heel forward
- 2 Hook right
- 3& Step right diagonally forward, step left beside right
- 4 Step right diagonally forward
- 5 Touch left heel forward
- 6 Hook left
- 7& Step left diagonally forward, step right beside left
- 8 Step left diagonally forward

**S4: ROCK FORWARD RECOVER, KICK BALL, ROCK FORWARD RECOVER, KICK BALL, ROCK FORWARD, RECOVER, (TURN ½) STEP, SIDE**

- 1& Rock right forward, recover left
- 2& Kick right forward, step ball of right beside left
- 3& Rock left forward, recover right
- 4& Kick left forward, step ball of left beside right
- 5 Rock right forward

- 6 Recover left
- 7 Turn ½ right stepping right forward
- 8 Step left to side

**S5: CROSS SIDE, BEHIND SIDE, KNEE LIFT, KNEE LIFT BALL, CROSS SIDE, BEHIND SIDE, KNEE LIFT, KNEE LIFT BALL**

- 1& Step right across left, step left to side
- 2& Step right behind left, step left to side
- 3 Lift right knee
- 4& Lift right knee, step ball of right beside left
- 5& Step left across right, step right to side
- 6& Step left behind right, step right to side
- 7 Lift left knee
- 8& Lift left knee, step ball of left beside right

**Ending begins here during 5th rotation.**

**S6: OUT, OUT, IN, IN, STEP, (TURN ¼) SHIFT, STEP, (TURN ¼) SHIFT**

- 1 Step right diagonally forward
- 2 Step left to side
- 3 Step right diagonally left back
- 4 Step left together
- 5 Step right forward
- 6 Turn ¼ left shifting support left
- 7 Step right forward
- 8 Turn ¼ left shifting support left

**S7: CROSS SIDE, BEHIND SIDE, KNEE LIFT, KNEE LIFT BALL, CROSS SIDE, BEHIND SIDE, KNEE LIFT, KNEE LIFT BALL**

- 1& Step right across left, step left to side
- 2& Step right behind left, step left to side
- 3 Lift right knee
- 4& Lift right knee, step ball of right beside left
- 5& Step left across right, step right to side
- 6& Step left behind right, step right to side
- 7 Lift left knee
- 8& Lift left knee, step ball of left beside right

**S8: OUT, OUT, IN, IN, STEP, (TURN ¼) SHIFT, STEP, (TURN ¼) SHIFT**

- 1 Step right diagonally forward
- 2 Step left to side
- 3 Step right diagonally left back
- 4 Step left together
- 5 Step right forward
- 6 Turn ¼ left shifting support left
- 7 Step right forward
- 8 Turn ¼ left shifting support left

**REPEAT**

**ENDING: occurs during 5th rotation. Beginning at count 41, after the 10th measure of music, dance the following steps to end.**

**STEP, (TURN ½) SHIFT, STEP, (TURN ½) SHIFT, SIDE, SIDE, SIDE, SIDE**

- 1 Step right forward
- 2 Turn  $\frac{1}{2}$  left shifting support left
- 3 Step right forward
- 4 Turn  $\frac{1}{2}$  left shifting support left
- 5 Step right to side with rocking motion
- 6 Step left to side with rocking motion
- 7 Step right to side with rocking motion
- 8 Step left to side with rocking motion

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