Count: 64
Wall: 2
Level: Easy Intermediate
Choreographer: Inge Vestergård (DK) \& Lene Mainz Pedersen (DK) - October 2016
Music: Groovy Day - Thomas Helmig : (iTunes)


Intro: 32 counts from where the music starts with "Groovy"

## [1-8] $\square$ FIGURE 8

1,2,3,4 Step R to $R$ side, Step $L$ behind $R$, Step 1/4 R step R fw, Step fw on L (3:00)
$5,6,7,8 \quad$ Turn $1 / 2 R$ step $R$ fw, turn $1 / 4 R$ step $L$ to $L$ side, Step $R$ behind $L$, Step $L$ to $L$ side (12:00)
[9-16] $\square$ CROSS ROCK, CHASSE, CROSS SIDE, SAILOR $1 / 2$ L
1-2 Cross $R$ infront of $L$, recover on $L$
3\&4 Step $R$ to $R$ side, Step $L$ beside $R$, Step $R$ to $R$ side
5-6 Cross $L$ infront of $R$, Step $R$ to $R$ side
7\&8 Turn 1/2 L sweep L back, Step R to R side, Step L fw (6:00)
[17-24] $\square$ STEP, KICK SWEEP, STEP, KICK SWEEP, JAZZ 1/4 R
1-4 Step R fw, Sweep L infront of R, Step L fw, Sweep R infront of $L$
5-8 Cross R infront of L, Turn 1/4 R step L back, Step R to R side, Step L fw (9:00)
[25-32] $\square$ STEP R FW, SWIVEL, BACK ROCK, STEP TURN L, SHUFFLE FW
1\&2 Step R fw, Swivel $\square$ both Heels R, recover ( weight on L )
3-4 Rock back on $R$, recover on $L$
5-6 $\quad$ Step R fw, Turn 1/2 L step L fw (3:00)
7\&8 Step R fw, Step L beside R, Step R fw
[33-40] $\square F U L L$ TURN R, STEP $1 / 4$ R, CROSS SHUFFLE, KICK BALL CROSS
1-2 Turn 1/2 R step back on $L$ (9:00), Turn 1/2 R step R fw (3:00)
(Easy option - Walk L + R) $\square$
3-4 Step L fw, Turn 1/4 R step R to R side (6:00)
5\&6 Cross L infront of R, Step R to $R$ side, Cross Linfront of $R$
7\&8 Kick $R$ to $R$ diagonal (7:30), Step $R$ beside $L$ (6:00), Cross $L$ infront of $R$

## [41-48] $\square 1 / 4$ MONTEREY X $2 \square$

Point R to R side, Turn $1 / 4$ R step R beside L, Point L to L side, Step L beside R (9:00)
5-8 Point $R$ to $R$ side, Turn $1 / 4 R$ step $R$ beside $L$, Point $L$ to $L$ side, Step $L$ beside $R$ (12:00)
*** Restart: Wall 6***
[49-56]DHEEL SWITCH, ROCK FW, SKATE BACKWARDS X 4
1\&2\& Put R Heel fw, Step R beside L, Put L Heel fw, Step L beside R
3-4
Rock Rfw, recover on L
5-8 Step back on $R$ grinding $L$ to $L$ side, Step back on $L$ grinding $R$ to $R$ side, Step back on $R$ grinding $L$ to $L$ side, Step back on $L$ grinding $R$ to $R$ side

1\&2 Step back on R, Step L beside R, Step R fw
3-6 Step L fw, Turn 1/4 R step R to R side (3:00), Step L fw, Turn $1 / 4 \mathrm{R}$ step $R$ to $R$ side (6:00)
788
Cross $L$ infront of $R$, Step $R$ to $R$ side, Cross $L$ infront of $R$

## Begin again.

Tag: End of Wall 3: SIDE ROCK, BACK ROCK
*** Restart: Wall 6 - After 48 Counts
Dance start (6:00) - restart (6:00)

## Ending: $\square$ Wall 7 - After count 40-1/2 MONTEREY X 2

1-4 Point $R$ to $R$ side, Turn 1/2 $R$ stepping $R$ beside $L$, Point $L$ to $L$ side, Step $L$ beside $R$ (6:00)
5-8 Point $R$ to $R$ side, Turn $1 / 2 R$ stepping $R$ beside $L$, Point $L$ to $L$ side, Step $L$ beside $R$ (12:00)

- THEN Step R to R side - pooo0000se

Contact: ingevestergaard56@gmail.com / lene.m@privat.dk

