Grow

Count: 96 **Wall:** 2 **Level:** Phrased Intermediate
Choreographer: Shane McKeever (N.IRE) & Kerry Maus (USA) - June 2018
Music: Grow - Andy Grammer : (Album: The Good Parts - iTunes)

Intro: 16 counts
Sequence: ABC ABC ABCC(C16) *ENDING

Section A: 32 counts
A[1-8] SIDE, DRAG, BALL CROSS, ¼, ½, 3/8 , WALK, WALK

1,2&3,4	1) Step R to right, 2) drag L beside R, &) step L beside R, 3) cross R over L, 4) turning ¼ left, step L forward [9:00]
5,6,7,8	5) Turning ½ left, step R back, 6) turning 3/8 left, step L to left, 7) Step R forward, 8) step L forward [10:30]

A[9-16] PRESS, BACK SWEEP, SWEEP, BEHIND,SIDE, CROSS, BALL CROSS(X2), HITCH

1,2	1) Press R forward, 2) Step L back, sweep R front to back
3,4	3) Step R back, sweep L front to back, 4) step L behind R, sweep R front to back
&5&6	&) Turning 1/8 left, step R to right, 5) Cross L over R, &) turning 1/8 left, step R to right, 6) Cross L over R
&7,8	&) Turning 1/8 left, step R to right, 7) Cross L over R, 8) hitch R knee [6:00]

A[17-24] SIDE, DRAG, BALL CROSS, ¼, ½, 3/8 , WALK, WALK

1,2&3,4	1) Step R to right, 2) drag L beside R, &) step L beside R, 3) cross R over L, 4) turning ¼ left, step L forward [3:00]
5,6,7,8	5) Turning ½ left, step R back, 6) turning 3/8 left, step L to left, 7) Step R forward, 8) step L forward [4:30]

A[25-32] PRESS, BACK SWEEP, SWEEP, BEHIND,SIDE, CROSS, BALL CROSS(X2), HITCH

1,2	1) Press R forward, 2) Step L back, sweep R front to back
3,4	3) Step R back, sweep L front to back, 4) step L behind R, sweep R front to back
&5&6	&) Turning 1/8 left, step R to right, 5) Cross L over R, &) turning 1/8 left, step R to right, 6) Cross L over R
&7,8	&) Turning 1/8 left, step R to right, 7) Cross L over R, 8) hitch R knee [12:00]

Section B: 32 counts
B[1-8] HIP PUSHES R-L-R, ¼ HITCH, STEP, HITCH (X3) ½ TURN

1,2	1) Step R to right, pushing hips to right, 2) step L to left, pushing hips left
3,4	3) Step R to right, pushing hips to right, 4) turn ¼ right, hitch L knee [3:00]
5,6,7,8	5) Step L forward, 6) turn ¼ left, hitch R knee, 7) turn 1/8 left, hitch R knee, 8) turn 1/8 left, hitch R knee [9:00]

B[9-16] DOROTHY STEP R-L, ROCK, RECOVER, BACK, BACK

1,2&	1) Step R to right diagonal, 2) lock L behind R, &) step R to right diagonal
3,4&	3) Step L to left diagonal, 4) lock R behind L, &) step L to left diagonal
5,6,7,8	5) Rock R forward, 6) recover L back, 7) step R back, fan L toe out, 8) step L back, fan R toe out

B[17-24] BACK SIT, TOUCH, FORWARD ¼, ½, ¼, POINT, TOE SWITCHES L-R

1,2	1) Step R Back, 2) touch L forward,
3,4,5	3) Turn ¼ left, step L forward 4) turn ½ left, step R back, 5) turn ¼ left, step L to left [12:00]
6&7&8	6) Point R to right, &) step R beside L, 7) point L to left, &) step L beside R, 8) point R to right

B[25-32] JAZZ BOX, BALL CROSS SIDE, SIDE ROCKS WITH HIP SWAYS L-R-L-R

1,2&3,4	1) Cross R over L, 2) step L back, &) step R to right 3) cross L over R, 4) step R to right
5,6	5) Rock L & sway hips to left, 6) rock right & sway hips to right,
7,8	7) Rock L & sway hips to left, 8) rock right & sway hips to right

Section C: 32 counts

C[1-8] PRESS, RECOVER, SAILOR, PRESS, SIT, ¼, ¼ HITCH

1,2,3,4& 1-	2) Press L forward, into forward body roll upward, 3) recover R, 4) cross L behind R, &) step R to right
5,6	5) Press L to left, and push chest upward to left diagonal, 6) recover R, pushing hips out to right
7,8	7) Turn ¼ left, step L forward, 8) turn ¼ left, hitch R knee. [6:00]

(arms: 1-2) with hands together & palms toward chest, slowly move upward in front of face, 3) drop hands.)

C[9-16] SIDE, BALL CROSS, UNWIND, SHOULDER POPS, HIP CIRCLE

1,2&	1) Step R to right, 2) Step L next to R, &) cross R over L,
3,4 3-	4) Unwind rising up onto balls of feet & back down [12:00]
5&6	5) leaning slightly to right, lift R shoulder, &) lift L shoulder, 6) lift R shoulder,
7,8	7) roll hips clockwise from right, 8) to left, weight to left

C[17-24] R DIAGONAL LOCK STEP, L DIAGONAL LOCK STEP W/ HITCH, SAILOR STEP, HEEL TWISTS, DRAG R TOE

1&2&3	1) Step R to right diagonal, &) lock L behind R, 2) step R to right diagonal, &) step L to left diagonal, 3) lock R behind L, while hitching L knee up and out to left side,
4&5&6	4) cross L behind R, &) step R to right, 5) step L to left, &) lift R heel and twist out, 6) return heel,
&7,8&1	&) lift L heel and twist out, 7) return heel, 8&1) slowly drag R toe next to L, turning body toward [11:30]

(arms: 8&1) point index fingers out at hip height, make two small circles slowly raising hands up to point to temples)

C[25-32] ROCK, RECOVER LOW KICK, BACK, ¼, ¼, STEP BRUSH, LOW KICK, SIDE, CROSS

2,&3	2) Rock R back, &) step L forward, while brushing R foot forward to a low kick, 3) hold
4&5,6	4) Step R back, &) turning ¼ left, step L to left, 5) turning ¼ left, step R forward, 6) step L forward [4:30]
&7,8	&) Kick R foot forward, into low kick forward then out to right, 7) hold, 8) step R to right, &) cross L over R [6:00]

Note: When transitioning from C into C: On the "&" count, touch your L beside R, to make the transition into C on the L foot.

***ENDING: The last repetition through "C", you will dance through count 16: Press forward on R, and raise your hands up for the lyric "Grow", just as you do at the beginning of section C.**

Shane: smckeever07@hotmail.com
Kerry: Kerrymausdance@gmail.com
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