New Orleans Groove

Count: 32 **Wall:** 4 **Level:** Beginner
Choreographer: Wendy Haggerty (USA) - November 2020
Music: A New Orleans Crawfish Boil - Unicorn Heads

NOTE: This dance can easily be made a 1 wall dance (see note below)
The music is ROYALTY FREE - no tags or restarts

STEP, PULSE HIPS R, L, R, L

1,2	Step R foot diagonally forward R and pulse R hip forward 2x
3,4	Weight back on L and pulse L hip backwards 2x
5,6	Weight forward on R and pulse R hip forward 2x
7,8	Weight back on L and pulse L hip backwards 2x

STEP, HITCH, STEP, FLICK - REPEAT

1,2	Step R to R side, hitch L up and slap L thigh with R hand
3,4	Step down on L, flick R foot behind and slap R foot with L hand
5,6	Step R to R side, hitch L up and slap L thigh with R hand
7,8	Step down on L, flick R foot behind and slap R foot with L hand

R HIP BUMPS, L HIP BUMPS, SHIMMY

1,2	Push R hip to R side and bump 2x
3,4	Push L hip to L side and bump 2x
5-8	Stretch arms out and groove torso R, L, R, L

STEP, HOLD, PIVOT ¼ L, HOLD, SLIDE RF IN, BODY ROLL

1,2	Step R forward, hold
3,4	Pivot ¼ turn L, weight to L foot, hold
5,6	Slowly slide RF in beside LF
7,8	Body roll undulating spine forward and back

MODIFICATION TO MAKE ONE WALL DANCE
Last 8 counts change as follows:
STEP, HOLD, TOUCH, HOLD, STEP, HOLD, DRAG FOTO & BODY ROLL

1,2	Step R forward, hold
3,4	Touch L toes beside R foot, hold
5,6	Step L foot back, hold
7,8	Drag R foot back beside L and body roll undulating spine forward and back

This dance was choreographed for and originally presented at the inaugural Moving Day Virtual 2020 and since has been included in other virtual Moving Day events across the USA. New Orleans Groove continues to be the most watched video.

Enjoy and spice it up!
Contact choreographer: Whaggerty2016@gmail.com
Music is royalty free and can be found on YouTube audio library