

Groove Is In The Heart

COPPER KNOB
STEPSHEETS

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
- 3&4 Step right to the right, bring left up to right, cross step right over left
- 5-6 Step left to the left, cross step right behind left
- 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

- 1-2 Step back onto right turning a ¼ left, step left a large step turning ¼ to the left
- 3&4 Bring left up to right (weight stays on left), place weight on left, cross step left over right
- 5 Sweep right foot to the right while turning ¾ right
- &6 Step back with right, step forward with left
- 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
- 5-6 Step forward with right, pivot a ½ left
- 7-8 Skate forward; right, left

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

- 1-8 Repeat last section

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

- 1-2 Cross step right over left, step left to the left
- 3& Cross step right behind left, step left to the left
- 4& Tap right heel forward, place right next to left
- 5-6 Cross step left over right, step right to the right
- 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

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

- 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

