

# One Groove

Count: 32

Wall: 4

Level:

Choreographer: Mark Furnell (UK)

Music: Happy People - R. Kelly



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## STEP, TOUCH, STEP TOGETHER

- 1-2 Step left to side, touch right to left  
3-4 Step side on right foot, touch left to right

## CROSS UNWIND AND TAP TAP STEP

- 5-6 Step down on left and cross right over left unwind whole turn left (weight ending on right)  
7&8 Tap left out to side x2, step down on left foot (feet should now be apart and knees bent, hands should be rested just above the knee)

## SHOULDER POP RIGHT, SHOULDER POP LEFT, KNEE ROLLING CHASSE

- 9-10 Lean up right and pop right shoulder to side, lean up left and pop left shoulder to side (your body should be up right now)  
11&12 Roll right knee out to right side and step onto right, close left to right, roll right knee out to right side and step on it

## KICK BALL STEP BUMP BUMP SIT

- 13&14 Kick left forward, step down on left and step forward in right  
15&16 Bumps hips right, left, as you bump hip right make a ¼ turn left and sit weight on to right leg

## STEP ROCK AND STEP, BEHIND SIDE CROSS

- 17-18& Step side on left, rock back right, forward on left  
19-20 Step side on right, cross left behind right

## POINT, POINT, POINT, STEP

- &21-22 Step side right and cross left over right, point right foot forward  
23-24 Point right foot back behind left heel, point right foot forward

## BEHIND SIDE CROSS DIP ½ TURN

- 25&26 Step right foot behind left, step side on left and cross right over left  
27-28 Dip down bending both knees, make ½ turn left and straighten up (weight still on right)

## COASTER WITH A HEEL AND ¼ TURN STEP TOUCH

- 29&30 Step back left, close right to left and touch right heel forward  
&31-32 Step down on left foot, step right to side making ¼ turn left, touch left to right

## REPEAT

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