

Smooth Groove

Count: 48

Wall: 2

Level: Intermediate

Choreographer: M.T. Groove (UK)

Music: Have You Ever - Brandy



SWAY SWAY, $\frac{3}{4}$ STEP BALL STEP, $\frac{1}{4}$ ROCK RECOVER STEP FORWARD, ROCK RECOVER

- 1-2 Sway right, sway left
- 3&4 Make a $\frac{3}{4}$ turn over right shoulder with a step ball step (right, left, right)
- 5&6 Make a $\frac{1}{4}$ turn right as you rock left to left side, recover right, step forward on left
- 7-8 Rock forward on right, recover left

1 $\frac{1}{4}$ TURN RIGHT SIDE STEP, CROSS SIDE ROCK TWICE, RUN RUN KICK

- 1&2&3 Make a $\frac{1}{2}$ turn right step forward right, make a $\frac{1}{2}$ turn right step back on left, make a $\frac{1}{2}$ turn right step forward on right, make a $\frac{1}{4}$ turn right step left to left side, step right (big step) to right side (facing 9:00)
- 4&5 Cross left over right, rock right to right side, recover left
- 6&7 Cross right over left, rock left to left side, recover right
- 8&8 Step forward left, right, kick left foot forward

BACK LOCK STEP $\frac{1}{2}$ TURN, FORWARD LOCK STEP, $\frac{1}{4}$ TURN CROSS FULL UNWIND, BEHIND SIDE CROSS

- 1&2&8 Step back on left, lock right across left, step back on left, make a $\frac{1}{2}$ turn right as you step forward on right
- 3&4 Step forward on left, lock right behind left, step forward left
- 8&5-6 Make a $\frac{1}{4}$ turn left as you step back on right, step left to left side, cross right over left
- 7-8&1 Unwind a full turn left, sweep left behind right, step right to right side, cross left over right

SIDE STEP (TORQUE), TRIPLE FULL TURN LEFT, CROSS ROCKS TWICE TOUCH

- 2-3&4 Step right to right side, as you twist upper body right preparing for next count, make a triple full turn left stepping left, right, left
- 5&6 Cross rock right over left, recover left, step right to right side
- 8&7&8 Cross rock left over right, recover right, step left to left side, touch right next to left

Restart here during wall 2. You'll be facing the back

DOROTHY STEPS TWICE, STEP PIVOT $\frac{1}{2}$ TURN, ROCKING CHAIR, SPIRAL FULL TURN

- 1-2& Step forward right, lock left behind right, step forward right
- 3-4& Step forward left, lock right behind left, step forward left
- 5& Step forward right, pivot $\frac{1}{2}$ turn left
- 6&7&8 Rock forward on right, recover left, rock back on right, recover left, step forward on right making a spiral full turn left

STEP ROCK $\frac{1}{4}$ TURN, ROCK RECOVER $\frac{1}{2}$ TURN, $\frac{3}{4}$ SPIN, HOLD

- 1-2&3 Step forward left, rock right forward, recover left, make $\frac{1}{4}$ turn right as you step forward right
- 4-5-6 Rock forward left, recover right, make a $\frac{1}{2}$ turn left step forward left
- 7-8 Spin a $\frac{3}{4}$ turn left on the balls of the feet, hold (weight on left)

REPEAT