Easy Groove

级数: Absolute Beginner

编舞者: Hayley Wheatley (UK) - May 2016

音乐: CAN'T STOP THE FEELING! - Justin Timberlake

S1: WALK, WALK, SHUFFLE, JAZZ BOX ¼ TURN 🗆

- 1-2 Step RF fwd, Step LF fwd□12:00
- 3&4 Shuffle forward R-L-R □12:00
- 5-6 Cross LF over RF, Step back onto RF 12:00
- 7-8 Step LF to L side making ¼ turn L, Cross RF over LF 9:00

S2: DIAGONAL STEP LOCK, SHUFFLE, JAZZ BOX

- 1-2 Step LF diagonally fwd, Lock RF behind LF (For an easier AB option close RF beside LF) 7.30
- 3&4 Shuffle fwd to L diagonal L-R-L□7:30
- 5-6 Cross RF over LF, Step back onto LF 9:00
- 7-8 Step RF to R side, Close LF beside RF []9:00

S3: STEP OUT, OUT, SIDE SHUFFLE, STEP OUT, OUT, SIDE SHUFFLE

- 1-2 Step out on RF (slightly fwd), Step out on LF (slightly fwd)□9:00
- 3&4 Step RF to R side, Close LF beside RF, Step RF to R side□9:00
- 5-6 Step out on LF (slightly fwd), Step out on RF (slightly fwd)□9:00
- 7&8 Step LF to L side, Close RF beside LF, Step LF to L side □9:00

NB Make this section as funky as you like. Eg: Bending knees slightly on steps out.

S4: DIAGONAL STEP BACK, TOUCH, HOLD X2, DIAGONAL STEP BACK, TOUCH X4

- &1-2 Step RF back to R diagonal, Touch L toe beside RF, Hold □9:00
- &3-4 Step LF back to L diagonal, Touch R toe beside LF, Hold □9:00
- &5&6 Step RF back to R diagonal, Touch L toe beside RF, Step LF back to L diagonal, Touch R toe beside LF□9:00
- &7&8 Step RF back to R diagonal, Touch L toe beside RF, Step LF back to L diagonal, Touch R toe beside LF□9:00





拍数: 32

墙数:4