

# Smooth Groove

**COPPER KNOB**  
STEPSHEETS

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: M.T. Groove (UK)  
音樂: 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&      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**