

# The Groove

LINEDANCE.COM

**Count:** 32                      **Wall:** 4                      **Level:** Improver

**Choreographer:** Ann-Kristin Sandberg (Norway) May-2015

**Music:** The Groove is the Solution By Helena Paparizou (3,51) iTunes

**Start dancing after vocals say..1-2-3-4**

## **POINT FORW-POINT BACK-KICK BALL STEP-SIDE-TOUCH-KICK & CROSS**

- 1-2**            Point Right forw, Point Right back
- 3&4**           Kick Right forw, Step Right next to Left, Step Left forw
- 5-6**           Step Right to Right side, Touch Left next to Right
- 7&8**           Kick Left forw, Step Left next to Right, Cross Right over Left

## **TOE STRUTS-SLIDE FORW L R L-TOUCH**

- 1-2**            Touch Left toe to left side, Heel down
- 3-4**            Touch Right toe to Right side, Heel down
- 5-6**            Slide Left forw, Slide Right forw
- 7-8**            Slide Left forw, Touch Right next to Left

## **SIDE-TOGETHER-SIDE-TOUCH-1/4 TURN L-1/2 TURN L-SHUFFLE 1/2 TURN L**

- 1-2**            Step Right to Right side, Step Left next to Right (arms up on 1,arms down on 2)
- 3-4**            Step Right to Right side, Touch Left next to Right (arms up on 3,arms down on 4)
- 5-6<sup>1/4</sup> turn Left stepping Left forw, 1/2 turn Left stepping Right back (03)**
- 7&8<sup>1/2</sup> turn Left stepping Left forw, Step Right next to Left, Step Left forw (09)**

## **BESIDE-1/4 TURN L-STEP-SHUFFLE WITH 1/4 TURN L-WALK x 2-SIDE RECOVER**

- &1-2**           Step Right next to Left, 1/4 turn Left stepping Left forw, Step Right forw(06)
- 3&4<sup>1/4</sup> turn Left stepping Left forw, Step Right next to Left, Step Left forw (03)**
- 5-6**            Step Right forw, Step Left forw
- 7-8**            Step Right to Right side, Recover onto Left

**ENJOY!**