

# Groovitus

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**Count:** 64      **Wall:** 4      **Level:** Intermediate

**Choreographer:** Ross Brown (UK) July 2018

**Music:** Groovitus by Sheridan [Length - 3:35] (126 BPM)

**Music Download From : Ricall - [www.ricall.com/search/express](http://www.ricall.com/search/express) (0.80 GBP / 1.00 USD)**

**Intro : 16 Counts (Approx. 8 Seconds)**

**TAG : At the End of Wall 4, repeat the LAST Section of the Dance.**

**WALK FORWARD. RAISED HIP BUMP  $\frac{1}{4}$  TURN L. STEP  $\frac{1}{4}$  TURN L, BACK  $\frac{1}{2}$  TURN L. OUT, OUT, IN, CROSS.**

- 1 - 2      Walk forward; R, L.
- 3 & 4      Make a  $\frac{1}{4}$  turn L bumping R hip in air, bump L hip, step R to R bumping R hip.
- 5 - 6      Make a  $\frac{1}{4}$  turn L stepping L forward, make a  $\frac{1}{2}$  turn L stepping R back.
- & 7 & 8      Step L to L, step R to R, step L next to R, cross step R over L. (12 O'CLOCK)

**SIDE ROCK. BEHIND, STEP  $\frac{1}{4}$  TURN R, ROCK FORWARD. WALK BACK with TOE FANS. COASTER CROSS.**

- 1 - 2      Rock L to L, recover onto R.
- 3 & 4      Cross step L behind R, make a  $\frac{1}{4}$  turn R stepping R forward, rock L forward.
- 5 - 6 - 7      Walk R back fan L toes out, walk L back fan R toes out, walk R back fan L toes out.
- 8 & 1      Step L back , step R next to L, cross step L over R. (3 O'CLOCK)

**BACK  $\frac{1}{4}$  TURN L, SIDE  $\frac{1}{4}$  TURN L. CROSS ROCK. ROLLING VINE FULL TURN R. CROSS ROCK.**

- 2 - 3      Make a  $\frac{1}{4}$  turn L stepping R back, make a  $\frac{1}{4}$  turn L stepping L to L.
- 4 & 5      Cross rock R over L, recover onto L, make a  $\frac{1}{4}$  turn R stepping R forward.
- 6 - 7      Make a  $\frac{1}{2}$  turn R stepping L back, make a  $\frac{1}{4}$  turn R stepping R to R.
- 8 &      Cross rock L over R, recover onto R. (9 O'CLOCK)

**BIG SIDE, DRAG. BALL, CROSS, SIDE. SAILOR  $\frac{1}{4}$  TURN L. TWO TOUCH TURNS  $\frac{1}{4}$  TURN L.**

- 1 - 2      Step L big step to L, drag R up to L.
- & 3 - 4      Step R next to L, cross step L over R, step R to R.

- 5 & 6** Make a ¼ turn L stepping L behind R, R next to L, L forward.
- 7 - 8** Make a ¼ turn L touching R to R, make a ¼ turn L touching R to R. (12 O'CLOCK)

**(¼ TURN L) SIDE SWITCHES. SIDE, DRAG. SIDE SWITCHES. SIDE, DRAG.**

- 1 & 2 &** Make a ¼ turn L touching R to R, step R next to L, touch L to L, step L next to R.
- 3 - 4** Step R to R, drag L up to R.
- 5 & 6 &** Touch L to L, step L next to R, touch R to R, step R next to L.
- 7 - 8** Step L to L, drag R up to L. (Weight ends on R) (9 O'CLOCK)

**STEP, HEEL BOUNCE. BACK, SWIVET. WALK BACK. SHOULDER ROLL.**

- 1 & 2** Step L forward, raise both heels, drop both heels.
- 3 & 4** Step L back, twist L toe to L and R heel to R, twist back.
- 5 - 6 - 7 - 8** Walk back; R, L, roll L shoulder back, recover onto R. (9 O'CLOCK)

**HIP BUMPS ½ TURN R. X2. ROCK FORWARD. HIP BUMPS ½ TURN L.**

- 1 & 2** Step L forward and make a ½ turn R bumping hips; L, R, L.
- 3 & 4** Step R back and make a ½ turn R bumping hips; R, L, R.
- 5 - 6** Rock L forward, recover onto R.
- 7 & 8** Step L back and make a ½ turn L bumping hips; L, R, L. (3 O'CLOCK)

**WALK FORWARD. ROCK FORWARD. WALK BACK. ROCK BACK.**

- 1 - 2 - 3 - 4 &** Walk forward; R, L, R, rock L forward, recover onto R.
- 5 - 6 - 7 - 8 &** Walk back; L, R, L, rock R back, recover onto L. (3 O'CLOCK)

**END OF DANCE!**

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