

Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Michelle Wright - May 2020

Music: Groovin' (that feel good song) by Yam Haus

Dance starts with the lyrics

option to make dance absolute beginner included on step sheet

Restart on 3rd rotation facing 6 o'clock after 16 counts

Section 1: L diagonal step, together, step, together with hand shoops and clap, up and down heel twists

1,2,3,4 Step L forward diagonal as you swing fists forward and bump L hip over R, step R next L as you swing both fists back to hips, Step L forward diagonal as you swing both fists

forward and bump L hip over R, step R next to L as you clap

5,6,7,8 Twist both heels to R as you bend knees towards R, twist heels center as you straighten knees, Twist both heels R as you bend knees towards R, twist heels center as you

straighten knees (weight on R)

Section 2: R diagonal step, together, step, together with shoops and claps, up and down heel twists

1,2,3,4 Step R forward diagonal as you swing fists forward and push R hip over L, step L next R as you swing both fists back to hips, Step R forward diagonal as you swing both fists

forward and push R hip over L, step L next to R as you clap

5,6,7,8 Twist both heels to L as you bend knees towards L, twist heels center as you straighten knees, Twist both heels L as you bend knees towards L, twist heels center as you

straighten knees (weight on L)

(Restart here on 3rd rotation facing 6 o'clock)

Section 3: Pony K step $\frac{1}{4}$ turn with optional windmill style arms

1&2 Step L Forward diagonal while popping R knee up, step ball of R next to L, Step L next to R while popping R knee up

3&4 Step R back while popping L knee up, Step ball of L next To L, Step R next to L while popping L knee up

5&6 ¼ turn stepping L to L side while popping R knee up, Step ball of R next To R, step L next to R while popping R knee up

7&8 Step R to R while popping L knee up, Step ball of L next to L, Step R next to L while popping L knee up

Optional arm motions: 1&2: Dip L shoulder down R arm up, 3&4: Dip R shoulder down L arm up 5&6: Dip L shoulder down R arm up, 7&8; Dip R shoulder down L arm up

Section 3: Optional for Absolute beginners- K step ¼ turn

1,2 Step L forward on Diagonal, Touch R next to R

3,4 Step R back on diagonal, Touch L next to L

5,6 ¼ turn Step L to L side, Touch R next to R

7,8 Step R to R side, Touch L next to L

Section 4: V step with Hip pushes, L & R hip bumps

1,2 Step L forward on diagonal as you push L hip forward, Step R forward on diagonal as you push R hip forward

3,4 Step Back R, Step R next to R

5,6 Bump Hips L x2

7,8 Bump Hips R x2

End of dance! Have fun and start Groovin'! Feel free to add any fun hand/ arm motions to the dance. Mash potato, washing machine, pulp fiction arms, ect. Just have fun with the dance!

Any questions email Michellelinedance@gmail.com

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