

# GROOVY

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**Count:** 32

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Lou Ecken

**Music:** You Make Me Feel Groovy by Glen Mitchell

## TOE TOUCH, SWIVEL, HOLD, HEELS RIGHT, LEFT, RIGHT, LEFT

- 1-2** Touch left toe out to left side, swivel both heels to the right
- 3-4** Hold
- 5-8** Swivel heels left, right, left, right (lift slightly on left swivels;  $\frac{1}{4}$  turn left on the last swivel)

## CROSS TOUCH, CROSS TOUCH, CROSS TOUCH, CROSS $\frac{1}{2}$ TURN

- 1-2** Step left foot across right, touch right toe out to right side
- 3-4** Step right foot across left, touch left toe out to left side
- 5-6** Step left foot across right, touch right toe out to right side
- 7-8** Cross right foot over left, pivot  $\frac{1}{2}$  turn to the left ending with weight on right

## CROSS SIDE TOGETHER, CROSS SIDE TOGETHER, CROSS SIDE TOGETHER, CROSS SIDE TOGETHER

- 1&2** Step left across right, step right to right side, step left next to right
- 3&4** Step right across left, step left to left side, step right next to left
- 5&6** Step left across right, step right to right side, step left next to right
- 7&8** Step right across left, step left to left side, step right next to left

## HEEL GRINDS, KICK-BALL-TOUCH, FLICK $\frac{1}{4}$ TURN, SCUFF $\frac{1}{4}$ TURN

- 1-2** Touch left heel across right, swivel knee front
- 3-4** Swivel knee back across right, then front
- 5&6** Kick left foot diagonally across right, step down on left, touch right out to right (angling body towards front)
- &7-8** Step right next to left(making  $\frac{1}{4}$  turn right), flick left foot up behind body, scuff left heel while making  $\frac{1}{4}$  turn right (allow foot to continue through motion to begin the dance left toe touch to side)

## REPEAT