

GET YOUR GROOVE ON

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Count: — **Wall:** — **Level:** —

Choreographer: Gerard Murphy

Music: Get Your Groove On by Paula Abdul

Sequence: AAB on 6:00 wall, AAAB on 12:00 wall, AAB on 9:00 wall, AAAA A(1-16) to end at front wall

Start dance after 48 counts - at vocals "I can"

PART A

- 1-2** Step left $\frac{1}{4}$ turn to left, touch right next to left
- 3-4** Step right to right, touch left next to right
- 5-6** Rock step left to left bumping hips left, recover onto right making a $\frac{1}{4}$ turn right
- 7&** Step forward on left, pivot $\frac{1}{2}$ right shifting weight to right
- 8&1** Shuffle lock forward: step forward on left, lock step right behind left, step forward left
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- 2** Make $\frac{1}{2}$ turn to left stepping back onto right
- 3&4** Coaster step back: step back on left, step right next to left, step forward on left
- 5-6** Step forward on right, low kick slightly forward with left
- &7&8** Step left slightly forward, touch right toes next to left heel, step right in place, touch left toes slightly forward (knee bent)
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- &1-2** Step down on left, step forward on right, pivot $\frac{1}{2}$ left shifting weight to left
- 3&4** Touch right toes slightly to right diagonal forward bumping right hip to right, relax hip back in place, bump right hip to right shifting weight to right (funky hip bumps)
- 5-6** Step left slightly forward bumping left hip and shifting weight to left, step right slightly forward bumping right hip and shifting weight to right
- 7&8** Touch left toes slightly to left diagonal forward bumping left hip to left, relax hip back in place, bump left hip to left shifting weight to left (funky hip bumps)

- 1-2** Rock forward on right (turning body slightly left), recover onto left
- &3** Make ½ turn to right stepping forward onto right, step left to left
- 4&5-6** Step right behind left, step left to left making a ¼ turn left, step right to right (weight balanced), hold
- &7&8** Step left next to right, step right to right (weight balanced), rise up on balls of both feet popping knees forward, drop heels in place

PART B

- 1-2** Step left ¼ turn to left, touch right next to left
- 3-4** Step to right bumping right hip to right, bump left hip to left (funky)
- 5-6** Pivot ¼ turn left on ball of left and step to right bumping right hip to right, bump left hip to left shifting weight to left (funky)
- 7-8** Pivot ¼ turn left on ball of left and step to right bumping right hip to right, bump left hip to left shifting weight to left (funky)
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- 1&2** Cross step right over left, rock left on ball of left, recover onto right
- 3-4** Cross step left over right, step right to right
- 5&6** Cross step left behind right, rock right on ball of right, recover onto left
- 7-8** Cross step right over left, hitch left slightly