

# ONE GROOVE

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**Count:** 32      **Wall:** 4      **Level:** —

**Choreographer:** Mark Furnell

**Music:** Happy People by R. Kelly

## STEP, TOUCH, STEP TOGETHER

- 1-2      Step left to side, touch right to left
- 3-4      Step side on right foot, touch left to right

## CROSS UNWIND AND TAP TAP STEP

- 5-6      Step down on left and cross right over left unwind whole turn left (weight ending on right)
- 7&8      Tap left out to side x2, step down on left foot (feet should now be apart and knees bent, hands should be rested just above the knee)

## SHOULDER POP RIGHT, SHOULDER POP LEFT, KNEE ROLLING CHASSE

- 9-10      Lean up right and pop right shoulder to side, lean up left and pop left shoulder to side (your body should be up right now)
- 11&12      Roll right knee out to right side and step onto right, close left to right, roll right knee out to right side and step on it

## KICK BALL STEP BUMP BUMP SIT

- 13&14      Kick left forward, step down on left and step forward in right
- 15&16      Bumps hips right, left, as you bump hip right make a  $\frac{1}{4}$  turn left and sit weight on to right leg

## STEP ROCK AND STEP, BEHIND SIDE CROSS

- 17-18&      Step side on left, rock back right, forward on left
- 19-20      Step side on right, cross left behind right

## POINT, POINT, POINT, STEP

- &21-22      Step side right and cross left over right, point right foot forward
- 23-24      Point right foot back behind left heel, point right foot forward

## BEHIND SIDE CROSS DIP $\frac{1}{2}$ TURN

- 25&26      Step right foot behind left, step side on left and cross right over left

**27-28** Dip down bending both knees, make  $\frac{1}{2}$  turn left and straighten up (weight still on right)

**COASTER WITH A HEEL AND  $\frac{1}{4}$  TURN STEP TOUCH**

**29&30** Step back left, close right to left and touch right heel forward

**&31-32** Step down on left foot, step right to side making  $\frac{1}{4}$  turn left, touch left to right

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=33382](https://www.linedance.com/index.php?f=dance_view&id=33382)