

ADDAMS GROOVE

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Count: 32

Wall: 4

Level: intermediate

Choreographer: Nancy A. Morgan

Music: Addams Family Groove by MC Hammer

GRIND HEEL, STEP OUT-OUT, STEP IN-IN, STEP HEEL STEP BEHIND WITH ¼ TURN, STEP HEEL, STEP, TOGETHER

- 1-2 Grind right heel forward from left to right
- &3 Step right foot back and out to right side, step left foot out to left side (feet should be shoulder width apart)
- &4 Step right in, step left next to right (feet are together and weight is on left)
- &5 Step back on right, touch left heel forward
- &6 Step down with left toe in place, step right foot behind left forward as you turn ¼ turn to your right
- &7 Step left to left side, touch right heel forward
- &8 Step down with right toe in place, step left foot together

SIDE STEP, HITCH ¼ TURN, STEP, HITCH ¼ TURN, STEP, TOUCH, STEP, HEEL, STEP, TOGETHER, SWIVEL

- 1-2 Step right foot to right side, hitch left as you turn ¼ turn to your right
- 3-4 Step down on left, hitch right as you turn ¼ turn to your right
- &5 Set right down, touch left toe next to right instep
- &6 Step back on left, put right heel forward
- &7 Step on right, put left next to right
- &8 Swivel both feet to left and back to center

STEP DIAGONALLY, SLIDE, SQUAT DOWN ¼ TURN AND TOGETHER, STEP DIAGONALLY, SLIDE, SQUAT DOWN ¼ TURN AND TOGETHER

- 1-2 Step forward on right and diagonally towards 2:00, slide left to right (weight is on right)
- 3(As you turn ¼ turn to your right) step left foot to left side as you squat down (put hands on your upper thighs)**
- 4 Slide right to left foot as you stand straight up (weight is on left)

5-6 Step forward on right and diagonally towards 2:00, slide left to right (weight is on right)

7(As you turn $\frac{1}{4}$ turn to your right) step left foot to left side as you squat down (put hands on your upper thighs)

8 Slide right to left foot as you stand straight up (weight is on right)

OUT-OUT, IN-CROSS, UNWIND $\frac{1}{2}$ TURN, CLAP, HOP FORWARD, HOP BACK, HOP FORWARD, HOP FORWARD

&1 Step left out to left side, step right out to right side

&2 Step left back in towards your right, cross right over left

3-4 Unwind $\frac{1}{2}$ turn to your left, clap

&5 Hop forward left, right

&6 Hop back left, right

&7 Hop forward left, right

&8 Hop forward left, right

REPEAT

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1-2 Step forward left, put right next to left

3-4 Step left out to left side, step right out to right side

5-6 Step left to right (next to where the right would be), cross right over left

7-8 Turn $\frac{1}{2}$ turn to your left, body roll