

GROOVE IS IN THE HEART

LINEDANCE.COM

Count: — **Wall:** — **Level:** Phrased Intermediate

Choreographer: Marthe Thibeault (Dec 07)

Music: Groove Is In The Heart by Dee-Lite [Dance Party 00]

Dance starts with B when singer says "Digs"

Sequence: B, AAAA, B, AAAA, A, B&, AA, B

PART B

(1-8) TRAVELING FORWARD KICK & TOUCH SIDE

- 1&2** Right kick forward step right beside left, touch left out to left side
- 3&4** Left kick forward step left beside right, touch right out to right side
- 5&6** Right kick forward step right beside left, touch left out to left side
- 7&8** Left kick forward step left beside right, touch right out to right side

(9-16) TRAVELING BACK TOUCH SIDE, STEP

- 1-2** Touch right to right side (since right is already out to right side, just extend a bit further), step right behind left
- 3-4** Touch left to left side, step left behind right
- 5-6** Touch right to right side, step right behind left
- 7-8** Touch left to left side, step left next to left

PART B&: (Only happens ONCE) AFTER you dance B add the following 8 counts:

- 1** Step right out to the side
- 2** Snap
- 3** Hold
- 4** Snap
- 5** Rock right
- 6** Rock left
- 7** Rock right
- 8** Bring right next to left keeping weight on left

For counts 5 to 7 keep your feet apart just change weight from right, left, and right

PART A (MAIN DANCE)

(1-8) RIGHT BALL STEP, RIGHT TOUCH FORWARD, RIGHT TOUCH BACK, ¼ TURN RIGHT, HOLD, LEFT BALL CROSS, HOLD, LEFT BALL CROSS

&1 Step right back and recover left forward

2 Touch right forward

3 Touch right back

4 ¼ turn right (weight on right)

5 Hold

&6 Step left, step cross right over left

7 Hold

&8 Step left, step cross right over left

(9-16) ½ TURN LEFT, RIGHT HITCH, ROCK RECOVER CROSS, LEFT SWEEP, CHASSE RIGHT

1 ½ turn right (weight on left)

2 Hitch right knee

3&4 Rock right to right side recover left, cross right over left

5 Sweep left back to front

6 Step left next to right

7&8 Step right to right side, step left next to right, step right to right side

(17-24) LEFT ROCK BACK, RECOVER RIGHT, STEP LEFT FORWARD, PRISSY WALK FORWARD RIGHT, PRISSY WALK FORWARD LEFT, STEP RIGHT, ½ TURN LEFT STEP LEFT, STEP FORWARD RIGHT, LEFT SHUFFLE FORWARD

&1 Step left back and recover right forward

2 Step forward left

3 Prissy walk forward right

4 Prissy walk forward left

5 Step right

&6 ½ turn left stepping on left, step forward on right

7&8 Step forward left, step right next to left, step forward left

**(25-32) STEP RIGHT, HITCH LEFT, TOUCH SIDE, LEFT HITCH, STEP LEFT, HITCH RIGHT.
TOUCH SIDE RIGHT HITCH**

- 1** Step right to right side
- 2** Drag left in towards right into a left hitch
- 3** Touch left out to left side
- 4** Drag left in towards right into a left hitch
- 5** Step left to left side
- 6** Drag right in towards left into a right hitch
- 7** Touch right out to right side
- 8** Drag right in towards left into a right hitch