

Groove, Groove, Baby

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Dee Musk (UK) & Jean-Pierre Madge (CH) - January 2023

Music: Time to Groove (feat. Nonô) - Majestic



#48 Count Intro. Approx 22 seconds - Track approx 2 mins 27 secs. BPM 128.

Track available from [iTunes.co.uk](https://www.itunes.co.uk) deedeemusk@gmail.com Jean-pierremm@bluewin.ch

Forward Rock, Recover, Step Back Knee Pop, Shuffle Forward, Step, ½ Turn Left, Shuffle Back.

- 1-3 Rock forward on R, recover weight to L, step back on R popping L knee.
- 4&5 Shuffle forward stepping, L, R, L.
- 6,7 Step forward on R, make ½ turn L (weight back on R).
- 8&1 Shuffle back stepping, L, R, L. (6 o'clock).

Back Rock, Recover, Kick, Out, Out, Anticlockwise Hip Roll, Heel Swivel, ¼ Turn Left.

- 2,3 Rock back on R, recover weight to L.
- 4&5 Kick R forward, step R to R side, step L to L side.
- 6,7 Roll hips anticlockwise over 2 counts (weight on R).
- &8 Twist both heels L, twist both heels R making a ¼ turn L (weight back on R). (3 o'clock).

Step, Slow Flick Back, Step, ½ Pivot Turn Left, Step, Hold, ¾ Turn Right.

- 1,2 Step forward on L, flick R slowly backwards on count 2.
- 3,4 Step forward on R, make ½ turn L (weight forward on L).
- 5,6 Step forward on R, hold count 6.
- 7,8 Make a ½ turn R stepping back on L, make ¼ turn R stepping R to R side. (6 o'clock).

Cross Rock, Recover, Side Rock, Recover, Cross Rock, Recover, Side Step with Drag, Behind, ¼ Turn Left, Step, ½ Pivot Turn Left.

- 1&2& Cross rock L over R, recover weight to R, rock L to L side, recover weight to R.
- 3&4 Cross rock L over R, recover weight to R, step L to L side dragging R towards L.
- 5-8 Cross step R behind L, make ¼ turn L stepping forward on L, step forward on R, make ½ pivot turn L. (9 o'clock).

Groove it Baby! - Enjoy and Smile
