

Into The Groove

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Alison Metelnick (UK) & Peter Metelnick (UK)

Music: R&B Junkie - Janet Jackson



STEP LEFT FORWARD, RIGHT KICK BALL CHANGE, TOUCH RIGHT NEXT TO LEFT, ¼ LEFT TOUCH RIGHT TO RIGHT SIDE, CROSS STEP RIGHT OVER LEFT, LEFT SIDE ROCK RECOVER CROSS

- 1 Step left foot forward
- 2&3 Kick right foot forward, step right next to left, step left foot forward
- 4-6 Touch right toe next to left instep, ¼ turn left touch right toe to right side, cross step right foot over left
- 7&8 Rock left foot to left side, recover weight on right, cross step left over right

VINE RIGHT 2, RIGHT SYNCOPATED WEAVE ¼ LEFT, STEP BACK LEFT, TOUCH RIGHT, RIGHT FORWARD LOCK STEP

- 1-2 Step right foot to right side, cross step left behind right
- 3&4 Step weight on to right foot, cross step left over right, turning ¼ left step back on right foot
- 5-6 Step back on left foot, touch right foot in front of left
- 7&8 Step right foot forward, lock step left behind right, step right foot forward

TOUCH LEFT TOE TO LEFT SIDE, CROSS LEFT OVER RIGHT, RIGHT SIDE ROCK & RECOVER CROSS, ¼ TURN RIGHT & KICK RIGHT FORWARD, LEFT & RIGHT HIP BUMPS

- 1-2 Touch left toe to left side, cross step left over right
- 3&4 Rock right foot to right side, recover weight on left, cross step right over left
- 5-6 Turning ¼ right stepping back on left foot, kick right foot forward
- 6&7-8 Step down on right foot, as you transfer weight to left foot bump hips left, transfer weight to right foot bump hips right

STEP LEFT FORWARD, TOUCH RIGHT BEHIND LEFT, LEFT BACK LOCK STEP, MODIFIED MONTEREY

- 1-2 Step left foot forward, touch right toe behind heel of left foot
- 3&4 Step right foot back, lock step left in front of right, step right foot back
- 5-6 Touch left toe to left side, cross step left behind right
- 7-8 Touch right toe to right side, turning ½ right step right foot next to left

LEFT FORWARD, RIGHT LOCK BEHIND, LEFT FORWARD STEP LOCK STEP, ¼ LEFT PIVOT, RIGHT CROSS SHUFFLE

- 1-2 Step left foot forward, lock step right foot behind left
- 3&4 Step left foot forward, lock step right behind left, step left foot forward
- 5-6 Step right foot forward, turning ¼ left transfer weight on to left foot
- 7&8 Cross step right over left, step left to left side, cross step right over left

TURN ½ RIGHT, LEFT CROSS SHUFFLE, RIGHT SIDE ROCK & RECOVER, LEFT SYNCOPATED 3 STEP WEAVE

- 1-2 Turning ¼ right step back on left foot, turning ¼ right step right foot to right side
- 3&4 Cross step left over right, step right foot to right side, cross step left over right
- 5-6 Rock step right foot to right side, recover weight on left
- 7&8 Cross step right foot behind left, step left to left side, cross step right foot over left

LEFT SIDE ROCK & RECOVER, LEFT SAILOR POINT & ¼ LEFT PIVOT, RIGHT CROSS SHUFFLE

- 1-2 Rock left foot to left side, recover weight in right
- 3&4 Cross step left foot behind right, step right to right side, point left toe forward
- 4&5-6 Step left foot back, step right foot forward, ¼ turn left transferring weight to left foot

7&8 Cross step right foot over left, step left foot to left side, cross step right foot over left

TURN ½ RIGHT, ¼ LEFT SYNCOPATED CROSS ROCK & RECOVER, FULL TURN LEFT, RIGHT FORWARD LOCK STEP

1-2 Turning ¼ right step back on left foot, turning ¼ right step right foot to right side

3&4 Cross step left foot over right, recover weight on, ¼ turn left step left foot forward

5-6 Turning ½ left step right foot back, turning another ½ left step left foot forward

7&8 Step right foot forward, lock step left behind right, step right foot forward

For easier option on counts 61-62 you can leave out the full left turn

REPEAT
