

# THE GROOVIN' THING

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**Count:** 32

**Wall:** 2

**Level:** Beginner / Intermediate

**Choreographer:** Mark Furnell

**Music:** Superstar by Jamelia

## KICK BALL STEP, BOUNCE, BOUNCE, KICK, COASTER STEP, POINT SWITCH POINT

- 1&2** Kick right foot forward, step down on ball of right foot and step left forward
- 3&4** Lean forward on left and bounce knees twice, lean back on right and kick left foot forward
- 5&6** Coaster step left, right, left
- 7&8** Point right toes to side, bring right to left and point left toe to side

## CROSS POINT, SHUFFLE CROSS, POINT HITCH POINT TURNS $\frac{1}{2}$ , $\frac{1}{4}$ , $\frac{1}{2}$ , (TRAVELING TO RIGHT)

- &1-2** Bring left foot to right, cross right over left, point left toe out to left side
- 3&4** Cross shuffle left, right, left
- 5-6** Point right to out to side, pivot  $\frac{1}{2}$  turn right on left foot and point right toe to side
- 7-8** Pivot  $\frac{1}{4}$  turn right on left foot and point right toe to side, pivot  $\frac{1}{2}$  turn right on left foot and point right

## SAILOR STEP, BEHIND SIDE CROSS, POINT SIDE, POINT BEHIND, CHASSE SIDE

- 1&2** Sailor step, right, left, right
- 3&4** Step left behind right, step right to side, cross left over right
- 5-6** Point right toe to side, point right toe behind left foot
- 7&8** Chasse side right, stepping right, left, right

## FORWARD SAILOR STEP $\frac{1}{4}$ TURN, TRIPLE 1 $\frac{1}{2}$ TURN, WALK BACK LEFT, RIGHT, COASTER STEP

- 1&2** Cross left over right, step right back, step left  $\frac{1}{4}$  turn left
- 3&4** Triple 1  $\frac{1}{2}$  turn left, stepping right, left, and right
- 5-6** Walk back left, right
- 7&8** Coaster step back, stepping left, right, and left

## REPEAT

