

# GROOVE IS IN THE HEART

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**Count:** 48

**Wall:** 4

**Level:** intermediate

**Choreographer:** Ross Brown

**Music:** Groove Is In The Heart by Dee-Lite

## KICK BALL CROSS, SCISSOR STEP, SIDE, BEHIND, ROCK & CROSS

- 1&2** Kick right foot forward, place right next to left, cross step left over right
- 3&4** Step right to the right, bring left up to right, cross step right over left
- 5-6** Step left to the left, cross step right behind left
- 7&8** Rock left to the left, recover onto right, cross step left over right

## ¼ STEP BACK, ¼ LARGE SCISSOR STEP, ¾ SWEEP, STEP BACK, WALK FORWARD

- 1-2** Step back onto right turning a ¼ left, step left a large step turning ¼ to the left
- 3&4** Bring left up to right (weight stays on left), place weight on left, cross step left over right
- 5** Sweep right foot to the right while turning ¾ right
- &6** Step back with right, step forward with left
- 7-8** Walk forward; right, left

## ROCK FORWARD &, ROCK BACK &, STEP, ½ PIVOT, SKATE, SKATE

- 1-2** Rock forward with right, recover onto left
- &** Step right next to left
- 3-4** Rock back with left, recover onto right
- &** Step left next to right
- 5-6** Step forward with right, pivot a ½ left
- 7-8** Skate forward; right, left

## ROCK FORWARD &, ROCK BACK &, STEP, ½ PIVOT, SKATE, SKATE

- 1-8** Repeat last section

## CROSS, SIDE, VAUDEVILLE, CROSS, SIDE, SAILOR STEP

- 1-2** Cross step right over left, step left to the left
- 3&** Cross step right behind left, step left to the left
- 4&** Tap right heel forward, place right next to left

**5-6** Cross step left over right, step right to the right

**7&8** Cross step left behind right, step right to the right, step forward with left

**(STEP, ½ PIVOT) X3, SLIDE TO THE RIGHT, SLIDE TO THE LEFT**

**1-2** Step forward with right, pivot a ½ left

**3&** Step forward with right, pivot a ½ left

**4&** Step forward with right, pivot a ½ left

**5-6** Step right a large step to the right, touch left next to right

**7-8** Step left a large step to the left, touch right next to left

**REPEAT**

**TAG**

**On wall 7, after section 4 you do the tag once, then start the dance again from section 3**

**1-2** Touch right toe diagonally forward right, place right heel

**3-4** Touch left toe diagonally forward left, place left heel

**5-6** Touch right toe diagonally back right, place right heel

**3-4** Touch left toe diagonally back left, place left heel