

Get Your Groove On

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Count: 48 **Wall:** 2 **Level:** Improver

Choreographer: Sebastiaan Holtland , Netherlands (30-04-2015)

Music: It Serves You Right To Suffer by The Avener ft. John Lee Hooker. (WCS) (Cd: The Wanderings of The Avener 2015).

32 count intro.

Sec 1 [1-8] Walk, $\frac{1}{4}$ R, Side, Together, Out, Hold, Dip, $\frac{1}{4}$ R, Knee Roll R, Walks Fwd R-L.

- 1-2** Walk Rt fwd, turn $\frac{1}{4}$ right (3) step Lt to the left.
- &3-4** Step Rt next to Lt, step Lt out to left, Hold.
- 5-6** Dip body down, coming up turn $\frac{1}{4}$ right (6) and roll R knee out to right holding weight onto Lt.
- 7-8** Walk Rt fwd, walk Lt fwd.

Sec 2 [9-16] Press, $\frac{1}{4}$ R, Sweep, Sailor Step R, Cross, Point, Behind, $\frac{1}{4}$ L, Step.

- 1-2** Press Rt fwd, turn $\frac{1}{4}$ right (9) recover on Lf sweep Rt slightly off the ground from front to back.
- 3&4** Step Rt behind Lt, step Lt to the left, step Rt to the right.
- 5-8** Cross Lt over Rt, point Rt out to right, step Rt behind Lt, turn $\frac{1}{4}$ left (6) step Lt fwd.

Sec 3 [17-24] $\frac{1}{4}$ Pivot L, Popping Knees R-L, $\frac{3}{4}$ Triple Turn L, Back Rock, Recover.

- 1-4** Step Rt fwd, turn $\frac{1}{4}$ left (3) take weight onto Lt, pop R knee fwd, pop L knee fwd weight onto Rt.
- 5&6** Turn $\frac{1}{4}$ left (12) step Lt fwd, turn $\frac{1}{2}$ left (6) step Rt back, step Lt back.
- 7-8** Rock Rt back, recover on Lt.

Sec 4 [25-32] R Hip Push Fwd, L Hip Push Fwd, $\frac{1}{2}$ Pivot L, $\frac{1}{4}$ Pivot L.

- 1-4** Point Rt fwd push R hip fwd, step Rt back in place, point Lt fwd push L hip fwd, step Lt back in place.
- 5-8** Step Rt fwd, turn $\frac{1}{2}$ left (12) take weight onto Lt, step Rt fwd, turn $\frac{1}{4}$ left (9) take weight onto Lt.

Sec 5 [33-40] Together, Side, Touch, 2x $\frac{1}{4}$ Side Jumps to R, Jump Both Feet Apart, Hold, Hip Roll L.

- &1-2** Step Rt next to Lt, step Lt to the left, touch Rt next to Lt.
- &3&4** Turn ¼ right (12) small jump to the right on Rt, touch Lt next to Rt, turn ¼ right (3) small jump to left on Lt, touch Rt next to Lt.
- &5-6** Jump Both Feet Apart (&5), Hold.
- 7-8** Roll your Hips clockwise ending weight on Lf.

Sec 6 [41-48] Step, Point, Step, Point, Behind, ¼ L, Step, ½ Pivot L.

- 1-4** Step Rt fwd, point Lt out to left, step Lt fwd, point Rt out to right.
- 5-8** Step Rt behind Lt, turn ¼ left (12) step Lt fwd, step Rt fwd, turn ½ left (6) take weight onto Lt.

Tag ending WALL 3 after 48 count (facing 12 o`clock) after start again (Facing 6 o`clock).

Tag: 2x Out, Out, Back, Together.

1-8 2x Step Rt out to right, step Lt out to left, step Rt back, step Lt next to Rt.

Start again and have fun!

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