

Groove Is In The Heart

48 count, 4 wall, intermediate level

Choreographer: Ross Brown (UK) Sept 2004

Choreographed to: Groove Is In The Heart by Deee-Lite, School Disco.com: Spring Term

32 count intro

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 to the left turning a ¼ 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 clockwise whilst 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.

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.

7-8: Touch left toe diagonally back left, place left heel.