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Groove Thing

BEGINNER 40 Count Choreographed by: Karen Bleuer Choreographed to: Flashlight by Parliament

TOE TOUCH, TOE SWITCHES, TAKE A LOOK1 - 2Touch left to left, step left slightly forward3 & 4Touch right to right, step right beside left, touch left to left5 - 6Touch left forward, touch left to left

- 7 Rock left to left turning head left
- 8 Step left beside right turning head back to front (weight is left)

TOE STRUT WITH 1/4 TURNS RIGHT

- 1 2 Turn 1/4 right and step on right toe, step down on right heel
- 3 4 Step left toe slightly forward, step down on left heel
- 5 8 Repeat counts 1-2, 3-4 exactly one time (weight is left)

3/4 TURN LEFT WITH TOE PUMPS, TOE TOUCHES, 1/4 TURN LEFT

/While turning 3/4 turn left on left (&1&2&3&4)

& 1 Hitch right knee towards left, touch right toe to right (weight remains on left)

/Easy option step right to right, pivot 1/2 turn left, step right forward, pivot 1/4 left

- & 2 Hitch right knee towards left, touch right toe to right (weight remains on left)
- & 3 Hitch right knee towards left, touch right toe to right (weight remains on left)
- & 3 Hitch right knee towards left, touch right toe to right (weight remains on left)
- 5 & 6 Touch right to right, step right beside left, touch left to left (weight is right)
- 7 8 Pivot 1/4 turn left circling hips counterclockwise as you turn

/Weight remains on right

BODY ROLL, HIP BUMPS, TRAVELING HEEL JACKS

- 1 2 Execute a two count body roll of your choice (weight is right)
- 3 4 Bump hips back right twice (weight is right)
- 5 & 6 Touch left heel forward, step left in place, touch right toe back
- & Step right behind left
- 7 & 8 Touch left heel forward, step left in place, touch right toe back

TOE TOUCHES, MONTEREY TURN RIGHT

- 1 4 Touch right to right, touch right beside left, touch right to right, step right beside left
- 5 6 Touch left to left, step left beside right
- 7 8 Touch right to right, pivot 1/2 turn right and step right beside left (weight is right)

REPEAT

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