

Groovilicious

32 count, 4 wall, beginner/intermediate level
Choreographer: Peter Metelnick (Can) 2002
Choreographed to: Best Years Of Our Lives by
Baha Men, Shrek Soundtrack (120 bpm); Shake
Up The Party by Joy Enriquez (103 bpm)

RIGHT SIDE MAMBO, LEFT SIDE TOUCH & CLAP 2X, ¼ LEFT COASTER STEP, SKATE FORWARD 2

- 1&2 Rock right foot to right side, recover weight on left foot, step right foot together
3&4 Touch left toes to left side, hold & clap 2x
5&6 Turning ¼ left step left foot back, step right foot together, step left foot forward
7 Step right foot forward turning right toes on right diagonal
8 Step left foot forward turning left toes on left diagonal

RIGHT HEEL BALL CROSS, RIGHT STEP BACK, LEFT HEEL BACK CROSS, ¾ LEFT UNWIND, LEFT FORWARD SHUFFLE, RIGHT KICK FORWARD

- 1&2 Touch right heel forward, step right foot back, cross step left foot over right
& Step right foot back
3&4 Touch left heel forward, step left foot back, cross step right foot over left
5 Unwind ¾ left keeping weight on right foot (option - hitch left knee up slightly)
6&7 Step left foot forward, step right foot together, step left foot forward
8 Kick right foot forward

RIGHT TOGETHER, LEFT TO LEFT SIDE, RIGHT TOGETHER, LEFT SIDE SHUFFLE, RIGHT CROSS STEP & UNWIND FULL TURN LEFT, RIGHT SIDE SHUFFLE

- &1-2 Step right foot together, step left foot to left side, step right foot together
3&4 Step left foot to left side, step right foot together, step left foot to left side
5-6 Cross step right foot over left, unwind full turn left with weight ending on left foot
7&8 Step right foot to right side, step left foot together, step right foot to right side

LEFT CROSS ROCK & RECOVER, ¼ LEFT & FORWARD SHUFFLE, RIGHT KICK, RIGHT BACK, LEFT APART, RIGHT BACK, LEFT TOGETHER, HOLD & CLAP 2X

- 1-2 Cross rock left foot over right, recover weight on right foot
3&4 Turning ¼ left step left foot forward, step right foot together, step left foot forward
5&6 Kick right foot forward, step right foot back, step left foot apart
&7 Step right foot back and in towards left foot, step left foot together
&8 Clap 2x
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