

## Groovy Day

64 Count, 2 Wall, Intermediate

Choreographer: Inge Vestergård &amp; Lene Mainz Pedersen (DK)

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Choreographed to: Groovy Day by Thomas Helmig

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<b>Track:</b>	<b>3:54m</b>
<b>Intro:</b>	<b>32 counts from where the music starts with "Groovy"</b>
<b>Section 1</b>	<b>Figure 8</b>
1,2,3,4	Step R to R side, Step L behind R, Step 1/4 R step R fw, Step fw on L (3:00)
5,6,7,8	Turn 1/2 R step R fw, turn 1/4 R step L to L side, Step R behind L, Step L to L side (12:00)
<b>Section 2</b>	<b>Cross Rock, Chasse, Cross Side, Sailor 1/2 L</b>
1-2	Cross R in front of L, recover on L
3&4	Step R to R side, Step L beside R, Step R to R side
5-6	Cross L in front of R, Step R to R side
7&8	Turn 1/2 L sweep L back, Step R to R side, Step L fw (6:00)
<b>Section 3</b>	<b>Step, Kick Sweep, Step, Kick Sweep, Jazz 1/4 R</b>
1-4	Step R fw, Sweep L in front of R, Step L fw, Sweep R in front of L
5-8	Cross R in front of L, Turn 1/4 R step L back, Step R to R side, Step L fw (9:00)
<b>Section 4</b>	<b>Step R Fw, Swivel, Back Rock, Step Turn L, Shuffle Fw</b>
1&2	Step R fw, Swivel both Heels R, recover (weight on L)
3-4	Rock back on R, recover on L
5-6	Step R fw, Turn 1/2 L step L fw (3:00)
7&8	Step R fw, Step L beside R, Step R fw
<b>Section 5</b>	<b>Full Turn R, Step 1/4 R, Cross Shuffle, Kick Ball Cross</b>
1-2	Turn 1/2 R step back on L (9:00), Turn 1/2 R step R fw (3:00)
	<b>Easy option – Walk L + R</b>
3-4	Step L fw, Turn 1/4 R step R to R side (6:00)
5&6	Cross L in front of R, Step R to R side, Cross L in front of R
7&8	Kick R to R diagonal (7:30), Step R beside L (6:00), Cross L in front of R
<b>Section 6</b>	<b>1/4 Monterey X 2</b>
1-4	Point R to R side, Turn 1/4 R step R beside L, Point L to L side, Step L beside R (9:00)
5-8	Point R to R side, Turn 1/4 R step R beside L, Point L to L side, Step L beside R (12:00)
	<b>*** Restart: Wall 6***</b>
<b>Section 7</b>	<b>Heel Switch, Rock Fw, Skate Backwards X 4</b>
1&2&	Put R Heel fw, Step R beside L, Put L Heel fw, Step L beside R
3-4	Rock R fw, recover on L
5-8	Step back on R grinding L to L side, Step back on L grinding R to R side, Step back on R grinding L to L side, Step back on L grinding R to R side
<b>Section 8</b>	<b>Coaster, Paddle 1/4 R X 2, Cross Shuffle</b>
1&2	Step back on R, Step L beside R, Step R fw
3-6	Step L fw, Turn 1/4 R step R to R side (3:00), Step L fw, Turn 1/4 R step R to R side (6:00)
7&8	Cross L in front of R, Step R to R side, Cross L in front of R
	<b>Begin again.</b>
<b>Tag:</b>	<b>End of Wall 3: Side Rock, Back Rock</b>
1-4	Rock R to R side, recover on L, Rock back on R behind L, recover on L
<b>*** Restart:</b>	<b>Wall 6 - After 48 Counts</b>
	<b>Dance start (6:00) – restart (6:00)</b>
<b>Ending: Wall 7 – After count 40 - 1/2 Monterey X 2</b>	
1-4	Point R to R side, Turn 1/2 R stepping R beside L, Point L to L side, Step L beside R (6:00)
5-8	Point R to R side, Turn 1/2 R stepping R beside L, Point L to L side, Step L beside R (12:00)
– Then	Step R to R side – pose

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