



Web site: www.linedancerweb.com

E-mail: admin@linedancerweb.com

M S Groove

64 Count, 1 Wall, Improver

Choreographer: Luellen Lucas (USA) May 2016

Choreographed to: Dance by Mose Stovall.

Album: Groove U

32 count intro, support on left

Section 1 Heel, Hook, Triple Diagonally Forward, Heel, Hook, Triple Diagonally Forward

- 1 Touch right heel forward
- 2 Hook right
- 3& Step right diagonally forward, step left beside right
- 4 Step right diagonally forward
- 5 Touch left heel forward
- 6 Hook left
- 7& Step left diagonally forward, step right beside left
- 8 Step left diagonally forward

Section 2 Rock Forward Recover, Kick Ball, Rock Forward Recover, Kick Ball, Rock Forward, Recover, (Turn ½) Step, Side

- 1& Rock right forward, recover left
- 2& Kick right forward, step ball of right beside left
- 3& Rock left forward, recover right
- 4& Kick left forward, step ball of left beside right
- 5 Rock right forward
- 6 Recover left
- 7 Turn ½ right stepping right forward
- 8 Step left to side

Section 3 Heel, Hook, Triple Diagonally Forward, Heel, Hook, Triple Diagonally Forward

- 1 Touch right heel forward
- 2 Hook right
- 3& Step right diagonally forward, step left beside right
- 4 Step right diagonally forward
- 5 Touch left heel forward
- 6 Hook left
- 7& Step left diagonally forward, step right beside left
- 8 Step left diagonally forward

Section 4 Rock Forward Recover, Kick Ball, Rock Forward Recover, Kick Ball, Rock Forward, Recover, (Turn ½) Step, Side

- 1& Rock right forward, recover left
- 2& Kick right forward, step ball of right beside left
- 3& Rock left forward, recover right
- 4& Kick left forward, step ball of left beside right
- 5 Rock right forward
- 6 Recover left
- 7 Turn ½ right stepping right forward
- 8 Step left to side

Section 5 Cross Side, Behind Side, Knee Lift, Knee Lift Ball, Cross Side, Behind Side, Knee Lift, Knee Lift Ball

- 1& Step right across left, step left to side
 - 2& Step right behind left, step left to side
 - 3 Lift right knee
 - 4& Lift right knee, step ball of right beside left
 - 5& Step left across right, step right to side
 - 6& Step left behind right, step right to side
 - 7 Lift left knee
 - 8& Lift left knee, step ball of left beside right
- Ending begins here during 5th rotation.**
-

Section 6 Out, Out, In, In, Step, (Turn ¼) Shift, Step, (Turn ¼) Shift

- 1 Step right diagonally forward
- 2 Step left to side
- 3 Step right diagonally left back
- 4 Step left together
- 5 Step right forward
- 6 Turn ¼ left shifting support left
- 7 Step right forward
- 8 Turn ¼ left shifting support left

Section 7 Cross Side, Behind Side, Knee Lift, Knee Lift Ball, Cross Side, Behind Side, Knee Lift, Knee Lift Ball

- 1& Step right across left, step left to side
- 2& Step right behind left, step left to side
- 3 Lift right knee
- 4& Lift right knee, step ball of right beside left
- 5& Step left across right, step right to side
- 6& Step left behind right, step right to side
- 7 Lift left knee
- 8& Lift left knee, step ball of left beside right

Section 8 Out, Out, In, In, Step, (Turn ¼) Shift, Step, (Turn ¼) Shift

- 1 Step right diagonally forward
- 2 Step left to side
- 3 Step right diagonally left back
- 4 Step left together
- 5 Step right forward
- 6 Turn ¼ left shifting support left
- 7 Step right forward
- 8 Turn ¼ left shifting support left

Repeat

Ending: **Ending occurs during 5th rotation. Beginning at count 41, after the 10th measure of music, dance the following steps to end.**

- Step, (Turn ½) Shift, Step, (Turn ½) Shift, Side, Side, Side, Side**
- 1 **Step right forward**
 - 2 **Turn ½ left shifting support left**
 - 3 **Step right forward**
 - 4 **Turn ½ left shifting support left**
 - 5 **Step right to side with rocking motion**
 - 6 **Step left to side with rocking motion**
 - 7 **Step right to side with rocking motion**
 - 8 **Step left to side with rocking motion**

Step sheet prepared by Harry Woods
