

Groove is in the Heart

Choreographed by: Marthe Thibeault

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4 wall - 32 count phrased line dance – Intermediate

SEQUENCE: B,A,A,A,A,B,A,A,A,A,A,B+,A,A,B (see below for B+)

Music: Groove is in the Heart by Dee-lite Album: Dance Party 2000

Dance starts with B when singer says "Digs"

PART B:

Traveling forward KICK & TOUCH SIDE

- 1 & 2 R kick fwd step R beside L, touch L out to L side
- 3 & 4 L kick fwd step L beside R, touch R out to R side
- 5 & 6 R kick fwd step R beside L, touch L out to L side
- 7 & 8 L kick fwd step L beside R, touch R out to R side

Traveling back TOUCH SIDE, STEP

- 1, 2 Touch R to R side (since R is already out to R side, just extend a bit further), step R behind L
- 3, 4 Touch L to L side, step L behind R
- 5, 6 Touch R to R side, step R behind L
- 7, 8 Touch L to L side, step L next to L

PART A (Main Dance)

&1-8 R BALL STEP, R TOUCH FWD, R TOUCH BACK, 1/4 TURN R, HOLD, L BALL CROSS, HOLD L BALL CROSS

- & 1 Step R back and recover L forward
- 2 Touch R forward
- 3 Touch R back
- 4 1/4 turn R (weight on R)
- 5 Hold
- & 6 Step L, step cross R over L
- 7 Hold
- & 8 Step L, step cross R over L

9-16 1/2 TURN LEFT, R HITCH, ROCK RECOVER CROSS, LEFT SWEEP, CHASSE RIGHT

- 1 1/2 turn right (weight on L)
- 2 Hitch R knee
- 3 & 4 Rock R to R side recover L, cross step R over L
- 5 Sweep L back to front
- 6 Step L next to R
- 7 & 8 Step R to R side, step L next to R, step R to R side

&17-24 L ROCK BACK, RECOVER R, STEP L FORWARD, PRISSY WALK FORWARD R, PRISSY WALK FORWARD L, STEP R, 1/2 TURN L STEP L, STEP FORWARD R, L SHUFFLE FORWARD

- & 1 Step L back and recover R forward
- 2 Step forward L
- 3 Prissy walk forward R
- 4 Prissy walk forward L
- 5 Step R
- & 6 1/2 turn L stepping on L, step forward on R
- 7 & 8 Step forward L, step R next to L, step forward L

25-32 STEP R, HITCH L, TOUCH SIDE, L HITCH, STEP L, HITCH R. TOUCH SIDE R HITCH

- 1 Step R to R side
- 2 Drag L in towards R into a L hitch
- 3 Touch L out to L side
- 4 Drag L in towards R into a L hitch
- 5 Step L to L side
- 6 Drag R in towards L into a R hitch
- 7 Touch R out to R side
- 8 Drag R in towards L into a R hitch

B+ (ONLY HAPPENS ONCE) after you dance B add the following 8 counts:

- 1 Step R out to the side
- 2 Snap
- 3 Hold
- 4 Snap
- 5 Rock R
- 6 Rock L
- 7 Rock R
- 8 Bring R next to L keeping weight on L

(For counts 5 to 7 keep your feet apart just change weight from R, L, and R)