

GROOVIN'

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Record: CD Ross Mitchell - Dancing With Time, (2000) Timing: q,q,s,-; exceptions noted
Rhythm & Phase: R, soft V (Closed Hip Twist, Nat Top, Stop & Go HS, Cuddles) Footwork: opp., exceptions noted
Sequence: INTRO – A – B – A – B – C – D – C – END Speed: 45 rpm (slow for comfort)

INTRO

1 - 4 (FC POS, LD HANDS JND HIGH) WAIT 2;; REV UNDERARM TURN; SPOT TURN;

- 1-2 In fc ptr & WALL ld hnds jnd eye level, trl arms stretched to sd, wait 2 measures;;
3-4 Rk fwd L twd DRW, rec R, sd L, -; XRif of L com sharp LF trn on spot, rec R comp LF trn fc ptr, sd R, -;
[W (3-4): XRif of L com sharp LF trn on spot, rec L comp LF trn fc ptr, sd R, -; XLif of R com sharp RF trn on spot, rec R comp RF trn fc ptr, sd L, -;]

PART A

1 - 4 FENCE LINE WITH ARM SWEEP; CRAB WALKS;; AIDA;

- 1-3 Rk thru L, rec R, sd L, - [Armwork option: In Bfly while rkg thru sweep ld hnds over heads & stretch out again];
XRif of L, sd L, XRif of L, -; Sd L, XRif of L, sd L, -; Keep ld hnds jnd thru R, sd & bk L com RF trn, bk R comp RF trn in V bk-to-bk POS, -;

5 - 8 HIP ROCK 3 TO FACE; SD WALKS;; CUCARACHA R;

- 5-6 Rk fwd L, rec R, rk fwd L trn to fc ptr & wall to CP, - [Armwork option: while rkg sweep R arm in a circle from down at sd, bk, over head, up front, stretch bk & bring to CP while trng to FC]; In CP sd R, cl L to R, sd R, -;
7-8 Cl L to R, sd R, cl L to R, -; Push sd R, rec L, cl R to L to CP Wall, -;

PART B

1 - 6 CLOSED HIP TWIST; FAN; HOCKEY STICK;; NEW YORKER IN 4; QUICK NEW YORKERS;

- 1-4 Rk sd L, rec R, cl L to R, -; Rk bk R, rec L, small sd R, -; Rk fwd L, rec R, small sd L, -; Rk bk R, rec L, sd R, -;
[W (1-4): Swvl ¼ RF bk R, swvl ¼ LF rec L, cl R & swvl ¼ RF to fc LOD, -; Fwd L, fwd R swvl ½ LF fc RLOD, bk R twd LOD, -; Cl R to L, fwd L, fwd R in frnt of M still fcg RLOD, -; Fwd L, fwd R trn LF undr jnd ld hnds to fc M, sd & bk twd DRW, -;]
5-6 Swvl ¼ RF rk thru L to LOP, rec R trn to fc ptr, rk sd L, rec R; Swvl ¼ RF rk thru L to LOP/rec R trn to fc ptr, sd L, Swvl ¼ LF rk thru R to OP/rec L trn to fc ptr, sd R; {Timing (5-6): q,q,q,q; q&.q,q&.q;}

PART C

1 - 4 OPEN BREAK; NAT TOP; LATIN WHISK; LADY OUT TO FAN;

- 1-2 Rk apt L, rec R, com RF trn sd & fwd L to CP, -; XRib of L keep trng RF, sml sd L keep trg RF, comp RF trn sd R twd RLOD, -; [W (1-2): Rk apt R, rec L, com RF trn sd & fwd R to CP, -; Fwd L keep trng RF, sml fwd R btw M's ft keep trg RF, fwd & sd L comp RF trn twd RLOD, -;]
- 3-4 In CP trng hips awy from ptr but keepg shldrs parallel XLib of R, rec R straighten hips, sd L, -; Rk bk R, rec L, sd R, -; [W (3-4): In CP trng hips awy from ptr but keepg shldrs parallel XRib of L, rec L straighten hips, sd R, -; Swvl ¼ RF on R fwd L, fwd R swvl ½ LF, bk R, -;]

5 - 8 STOP & GO HOCKEY STICK;; ALEMANA TO CP;;

- 5-6 Fwd L, rec R, sd L, -; Ck fwd R twd LOD, rec L, sd R, -; [W (5-6): Cl R to L, fwd L, fwd R swvl ½ LF undr jnd trl hnds end at man's R sd, -; Rk bk L, rec R, fwd L swvl ½ RF to end in fan pos again, -;]
- 7-8 Fwd L, rec R, sd L, -; Bk R, rec L, sd R to CP, - [ld W to trn undr jnd ld hnds]; [W (7-8): Cl R to L, fwd L, fwd R trn to fc ptr, -; Swvl RF fwd L twd DLC, swvl RF fwd R twd DRW, swvl RF fwd L twd ptr & CP, -;]

PART D

1 - 4 BACK BREAK TO ½ OP; IN & OUT RUNS 3 MEASURES;;; CRAB WALK 3 TO CP; CUCARACHA R;

- 1-2 Swvl ¼ LF rk bk L, rec R, fwd L to ½ OP fcg LOD, -; Comm RF bdy rotation thru R twd DLW, cont trng sd & bk L chg sds IF of ptr, sd & fwd R twd LOD to ½ LOP, -; [W (2): Fwd L, fwd R, fwd L to ½ LOP, -;]
- 3-4 Fwd L, fwd R, fwd L to ½ OP fcg LOD, -; [W (3): Comm RF bdy rotation thru R twd DLW, cont trng sd & bk L chg sds IF of ptr, sd & fwd R twd LOD to ½ OP, -;] Repeat actions measure 2 PART D;
- 5-6 XLif of R, sd R, XLif of R trn to CP, -; Repeat actions meas 8 PART A;

7 - 10 CLOSED HIP TWIST; FAN; HOCKEY STICK;;

- 7-10 Repeat actions meas 1-4 PART B;;;;

11 - 14 HALF BASIC; WHIP; QUICK NEW YORKERS; NEW YORKER IN 4;

- 11-12 Rk fwd L, rec R, sd & bk L, -; Bk R, rec L trn ½ LF, sd R to end BFLY fc WALL;
[W (12): Fwd L outsd ptr, fwd R trn ½ LF, sd L to end BFLY fc COH;]
- 13-14 Repeat actions: Measure 6 PART B; Measure 5 PART B;

END

1 - 4 CUDDLES 4 TIMES;;;;

- 1-4 Push sd L, rec R, cl L to R, -; Push sd R, rec L, cl R to L, -; Repeat actions meas 1-2 END;;
[W (1-2): Swvl ¼ RF on L stp bk R, rec L swvl ¼ LF, sd R, -; Swvl ¼ LF on R stp bk L, rec R swvl ¼ RF, fwd L, -;]

5 - 8 BACK BREAK TO OP; IN & OUT RUNS;; AIDA & HOLD;

- 5-8 Repeat actions measures 1-3 PART D;;; Jn ld hnds thru R, sd & bk L com RF trn, bk R comp RF trn in V bk-to-bk, hold pos; [W (8): Thru L, sd & bk R com LF trn, bk L comp LF trn in V bk-to-bk, hold pos;]