

Groovin' On A Feeling

64 count, 2 wall, intermediate level

Choreographer: Robert Rice (USA) July 2007

Choreographed to: Groovin' On A Feeling by
Laidback (retro-Caribbean style)

48 counts (25 sec.) starts on vocals

Cross, recover, sailor 1/2 turn , step, step pivot 1/2 turn L, ball step 1/4 turn L

1, 2, 3&4 Cross R over L return L, 1/2 turn R sailor R,L, R,
5, 6, 7&8 Step forward L, R, 1/2 pivot L stepping onto L, ball R, 1/4 turn L step forward(9 o'clock)

Step forward, point, step, ball step R, L (little gallops) X 3 turning 1/2 turn L, cross, step back, drag heel

1, 2, 3 Step forward R, point L to side, step forward L
&4&5&6 Ball R, step L, X 3 while making 1/2 turn L (3 o'clock), leaning body inward with arms out, airplane-like
7, 8 Cross R over L, big step back L, dragging heel of flexed R foot on diagonal (5 o'clock)

Back, forward, diagonal walk, walk, step pivot, staying on diagonal, full turn L, tap

&1, 2, 3, Step back R, forward L, walk on diagonal R,L (5 o'clock)
4,5,6,7 Still on diagonal, step forward R, 1/2turn pivot L, 1/2 turn L stepping back R,
1/2 turn L stepping forward L
8 Tap R next to L, no weight. (11 o'clock)

Back, back, heel dig X 2, back, forward, pivot 1/2 turn L, shuffle

&1, 2 Step back R, L, dig R heel forward
&3, 4 Repeat above while straightening to 12 o'clock
&5,6,7&8 Step back R, forward L, R. Pivot 1/2 turn L, shuffling forward L, R, L (6 o'clock)

Rock forward return, 1/4 turn R rock side, recover, 1/4 turn R rock forward, recover, shuffle 1/2 turn R

1, 2, 3, 4 Rock forward R, return L, hinge 1/4 turn R (9 o'clock) landing R wide (look toward 12 o'clock), return L in place,
5,6,7&8 1/4 turn L (6 o'clock) landing R forward, return L, 1/2 turn R shuffle R, L, R (12 o'clock)
Arms: With flexed wrist, push R arm straight out, bend elbow, then out again on 1-2, 3-4, 5-6.
On count 3 push and look toward 12 o'clock.

Forward, tap, back, 1/4 turn L side, cross, point, switch point, switch point

1,2,3,4 Step forward L, tap R behind L snapping both fingers at shoulder height, step back R,
step L into 1/4 turn L (9 o'clock)
5, 6 Cross R over L, point L out to L side
&7 &8 Switch L, point R, switch R, point L

Sailor, sailor, rock return, 1/4 turn L side shuffle

1&2, 3&4 Sailor L, R, L, sailor R,L,R,
5, 6, 7&8 Rock forward L, return R, 1/4 turn L side shuffle L, R, L (6 o'clock)

Forward, back, back, cross, back, side, forward cross rock, recover

1, 2, 3, 4 Rock forward R, step back L, back R, cross L over R,
5, 6, 7, 8 Step back R, step side L, cross R over L, return L

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