

## The Groovin' Thing

32 count, 2 wall, beginner/intermediate level

Choreographer: Mark Furnell (UK) Sept 2003

Choreographed to: Superstar by Jamelia

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Start on vocals

**Kick ball step, Bounce, Bounce, Kick, Coaster step, Point switch Point**

- 1&2 Kick right foot forward, step down on ball of right foot and step forward left.  
3&4 Lean forward on left and bounce knees twice, lean back on right and kick left foot forward.  
5&6 Coaster step L,R,L  
7&8 Point right toes to side, bring right to left and point left toe to side.

**Cross Point, Shuffle cross, point hitch point turns ½, ¼, ½, (travelling to right)**

- &1,2 Bring left foot to right, cross right over left, point left toe out to left side.  
3&4 Cross shuffle L, R, L.  
5-6 Point right to out to side, pivot ½ turn right on left foot and point right toe to side.  
7-8 Pivot 1/4 turn right on left foot and point right toe to side, Pivot ½ turn right on left foot and point right.

**Sailor step, behind side cross, point side, point behind, Chasse side.**

- 1&2 Sailor step, R, L, R  
3&4 Step left behind right, step right to side, cross left over right.  
5-6 Point right toe to side, point right toe behind left foot.  
7&8 Chasse side right, stepping R, L, R

**Forward sailor step ¼ turn, Triple 1 ½ turn, Walk Back L, R, Coaster step.**

- 1&2 Cross left over right, step back right, step left ¼ turn left.  
3&4 Triple 1 ½ turn left, stepping R, L, and R.  
5-6 Walk Back L, R  
7&8 Coaster step back, stepping L, R, and L.