

Dig The Groove

Description: 4 Wall Line Dance, 32 counts, Upper Intermediate Level
Choreographer: Bill Bader Vancouver, Canada June 2004
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Step Sheet Date: June 17, 2004 (original version written by the choreographer)
Music:
Choreographed to: **"Super Duper Love" by Joss Stone.** 96 bpm. Intro: 32 counts.
CD: Soul Sessions. Amazon.com has a FREE DOWNLOAD of this song.
(Go to Music Downloads and search on the song's or the singer's name.)

ANGLE FORWARD, SLIDE TOGETHER, SWIVEL L-R-L; REPEAT IDENTICALLY

- 1 Big Step RIGHT forward with RIGHT toe angled left (body faces 10:30)
- 2 Slide LEFT toe toward Right ending with LEFT foot flat next to Right foot (toes angled left)
- 3&4 Swivel heels to left, Swivel heels to right, Swivel heels to left
- 5-6 Repeat 1-2
- 7&8 Repeat 3&4

ANGLE BACK, SLIDE TOG., 1/2 TURNING SHUFFLE, HEEL-BALL-CROSS, 1/4, HEEL, BACK 1/4, CROSS

- 1 Step RIGHT back on diagonal right (body facing 1:30)
- 2 Slide LEFT toe in toward Right (starting to turn left)
- 3&4 Shuffle back on LEFT-RIGHT-LEFT turning 1/2 left (6:00 = back wall)
- 5 Touch RIGHT heel forward
- &6 Step ball of RIGHT beside Left heel, Cross Step LEFT over Right
- &7 Step RIGHT to right side turning 1/4 left, Touch LEFT heel forward
- &8 Step LEFT back turning 1/4 left (12:00 = front wall), Cross Step RIGHT over Left

& CROSS, POINT L, CROSS, POINT R, SYNCOPATED ROCKS

- &1 Step LEFT slightly to left side, Cross Step RIGHT over Left
- 2 Touch LEFT toe to left side
- 3-4 Cross Step LEFT over Right, Touch RIGHT toe to right side
- 5-6 Rock RIGHT forward, Rock back onto LEFT
- & Step RIGHT beside Left
- 7-8 Rock Step LEFT forward, Rock back onto RIGHT

BACKWARD ROLLING 1-1/4 TURN, SIDE SHUFFLE, HEEL-BALL-CROSS, SIDE, TOUCH, BACK LEFT

- 1 Step LEFT back turning 1/2 left
- 2 Step RIGHT forward turning 3/4 left
- 3&4 Step LEFT to left side, Step RIGHT beside Left, Step LEFT to left side
- 5 Touch RIGHT heel toward forward diagonal right
- &6 Step ball of RIGHT beside Left heel, Cross Step LEFT over Right
- &7 Step RIGHT to right side, Touch LEFT toe beside Right
- 8 Step LEFT back on diagonal left drawing RIGHT toe back toward Left

End of pattern. Begin again...

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