

MJ Groove (AB dance & Improver dance)

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Choregraphie par : Amy Christian

Description : 32 temps, 2 murs, Débutant/Novice,
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Musique : Beat It by Michael Jackson (I start
with Billie Jean by MJ as the rhythm is slower. You can
use any MJ track).



16 Count, 4 Wall, Absolute Beginner level line dance. (MJ Groove EZ)

****32 Count, 2 Wall, Improver level line dance. (MJ Groove)**

STEP FWD, HITCH (CLAP) X 4

1-4 Step R fwd, Hitch L (Clap), Step L fwd, Hitch (Clap),

5-8 Step R fwd, Hitch L (Clap), Step L fwd, Hitch (Clap),

BACK, BACK, BACK, BACK, ¼ V-STEP,

1-4 Step back, R-L-R-L, (Option – Stretch out R arm fwd, with palm facing out),

5-6 ¼ turn right – Step R fwd, Step L out to the left side, Step R back, Step L next to R,

[3:00]

Start over!

****For the 32 count Improver level dance, continue with the next 2x eights.**

SHUFFLE FWD, SHUFFLE FWD, PIVOT ¼, PIVOT ¼,

1&2 Shuffle fwd, R-L-R,

3&4 Shuffle fwd, L-R-L,

5-6 Step fwd of R, Pivot ¼ left on L, [12:00]

7-8 Step fwd on R, Pivot ¼ left on L, [9:00]

CROSS, POINT, CROSS, POINT, WEAVE ¼,

1-2 Cross R over L, Touch L out to left side,

3-4 Cross L over R, Touch R out to right side,

5-7 Step R across L, Step L to left side, Step R behind L,

8 ¼ Turn left – stepping L fwd, [6:00]

Start over!

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