

Groovy Gal

Count: 32

Wall: 4

Level: Beginner

Choreographer: Elisabeth HS (INA) - September 2026

Music: GROOVY GAL



No restart, 1 Tag after wall 8

Section 1 CROSS, HOLD, BACK, HOLD, SWAY RL, BIG STEP HOLD

- 1-2 rf cross over lf, hold
- 3-4 lf back, hold
- 5-6 sway to R L
- 7-8 rf big step to right, hold

Section 2 CROSS, HOLD, 1/4 TURN L RF BACK, SWAY LR, LF BIG STEP TO LEFT

- 1-2 lf cross over rf, hold
- 3-4 1/4 turn left step back on rf (9 o'clock), hold
- 5-6 sway L R
- 7-8 lf big step to left, hold

Section 3 DIAGONAL TO RIGHT, BRUSH, DIAGONAL TO LEFT, BRUSH

- 1-2 rf diagonal to right, lf behind rf
- 3-4 rf diagonal to right, brush
- 5-6 lf diagonal to left, rf behind lf
- 7-8 lf diagonal to left, brush

Section 4 PADDLE 1/4 TO LEFT, PADDLE 1/4 TO LEFT, CROSS, RECOVER, SIDE, RECOVER

- 1-2 rf forward 1/4 to left, weight on lf (6 o'clock)
- 3-4 rf forward 1/4 to left, weight on lf (3 o'clock)
- 5-6 cross rock rf over lf, recover on lf
- 7-8 side rock rf, recover on lf

TAG after wall 8, 4 count

- 1-2 cross rock rf over lf, recover on lf
- 3-4 side rock rf, recover on lf

Happy Dancing all □□□□
