

# GROOVY FOXTROT

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**MUSIC:** "Feelin' Groovy" by Val Doonican CD: Val Doonican - His Special Years - Track #1  
**SEQUENCE:** Intro, A, B, C, Bridge, A (1-9), Ending **SPEED:** Slow from 34MPM to 28 MPM  
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**RHYTHM:** Foxtrot **PHASE:** V+2 **FOOTWORK:** Described for M - W opposite (or as noted)

## INTRO

### **1 - 4 WAIT;; CIRCLE 4 w/SNAPS; TO CP DLC;**

- 1-2 - Wait 2 measures fcng ptr & DLC (DRW) about 1 foot apart w/feet together nothing touching & lead foot free for both;; **OPTION:** After the quick intro notes you can settle into trailing hip and then straighten as you snap fingers on counts 2, 4, 6, & 8 with the music to prepare for the circle 4 w/snaps.  
ss 3 - Trng LF (RF) circle away from ptr fwd L, snap trailing fingers, cont LF trn circle fwd R, snap trailing fingers;  
ss 4 - Cont LF trn circle twd ptr fwd L, snap fingers, fwd R blending to CP DLC,-;

### **5 - 8 FWD ZIG ZAG 4; HOVER CROSS ENDING; BOUNCE REVERSE FALLAWAY 4 TO BJO; WEAVE 4 ENDING;**

- qqqq 5 - Fwd L, trng LF sd & bk R, bk L, cl R to L trng RF (bk R, trng LF sd & fwd L, fwd R outsd ptr, trng RF sd & bk L) to SDCR DLC;  
qqqq 6 - Fwd L LOD outsd ptr cking, rec R comm slight LF trn, sd & fwd L, fwd R to BJO DLC;  
qqqq 7 - Fwd L comm LF trn, cont LF trn sd & bk R w/R sd leading, bk L well under body to SCP DRW, rise trng slightly LF & trng W bk R (bk R comm LF trn, sd & bk L, bk R well under body, rise trng LF on R fwd L) to BJO DRW;  
qqqq 8 - Bk L twd DLC (fwd R outsd ptr), bk R blending to CP trng LF, cont LF trn sd & fwd L, fwd R to BJO DLW;

### **9-12 DOUBLE REVERSE DLW; CHG OF DIRECTION; TELEMARK TO SCP; CHAIR & SLIP DLW;**

- qq-- 9 - Fwd L comm LF trn blending to CP, fwd & sd R cont LF trn, cont LF trn on R, touch L to R (bk R comm LF (qqqq) trn, cl L to R heel turn, cont LF trn sd & slightly bk R, XLIF of R) to CP DLW;  
sq- 10 - Fwd L comm LF trn,-, with R sd leading fwd R toe pointing LOD, cont LF trn and draw L to R to CP DLC;  
11 - Fwd L comm LF trn,-, fwd & sd R cont LF trn (cl heel trn), sd & fwd L to SCP DLW;  
12 - Lower & lunge fwd R w/fwd poise,-, rec L comm trng W square, bk R to CP DLW;

## PART A

### **1 - 4 THREE STEP; START A CONTINUOUS HOVER CROSS;,, w/OUTSIDE SWIVEL,-; SLOW LILT PIVOT TO CP DLW;**

- 1 - Fwd L heel lead blending to CP,-, fwd R heel lead rising to toe, fwd L to CP DLW;  
2 - Fwd R comm RF trn,-, fwd & sd L cont RF trn, cont RF trn small sd & slightly fwd R w/toe pting LOD (bk L,-, cl R to L heel turn, cont RF trn sd & bk L heel pointing LOD);  
qqq 3 - Fwd L LOD outsd ptr comm RF trn, cl R to L cont RF body trn, cont RF body trn bk L trn hips RF leading W to swvl leaving R ft fwd (bk R, allow L to brush past R then step sd L around ptr, fwd R outsd ptr, swvl RF on R) to SCP DLW,-;  
ss 4 - Thru R heel lead rising to toe stretching R sd & trn W square,-, fwd L toe pointing to DLW checking (thru L heel lead comm LF trn rising to toe keeping head to R allowing M to trn you to CP,-, bk R head still to R checking) to CP DLW;

### **5 - 8 FEATHER FINISH; REVERSE TURN 3; LADY INSIDE TURN TO SKATER M IN 2; (R FOOT) 2 MONKEY WALKS;**

- 5 - Bk R twd DRC comm LF trn,-, sd & fwd L toe pointing DLC, fwd R outside ptr to BJO DLC;  
6 - Fwd L comm LF trn,-, fwd & sd R cont LF trn (cl heel trn), bk L twd LOD to CP RLOD;  
s-q 7 - Bk & sd R trng ¼ LF leading W fwd,-, tch L to R leading W to turn under joined lead hands then release, cont (sqq) LF trn sd & fwd L (fwd L,-, fwd R/spiral 7/8 LF under joined lead hands, sd & fwd L) joining L hands and blending to SKATERS POS DLW; NOTE: Now same footwork for next 4 measures  
ss 8 - Sweep R ft fwd & then to R/as you step sd & fwd R in front of W's L hip,-, sweep L ft fwd & then to the L/as you step sd & fwd L (W's step is in front of M's R hip)-;

**PART A (CON'T)****9-12 \* 2 SKATER RIGHT TURNS; DLC; 2 MONKEY WALKS; FEATHER LADY 4 QUICK;**

- 9 - Fwd R DLW comm RF trn,-, fwd & sd L out stepping W cont RF trn to fo RLOD, cont slight RF trn bk R still in SKATERS POS FCING DRC;  
 \* **NOTE:** 2<sup>nd</sup> time cue will be "1 SKATER RIGHT TURN" for the ending.
- 10 - Bk L DLW comm RF trn,-, sd & fwd R behind & between W's feet cont RF trn, cont slight RF trn fwd L still in SKATERS POS FCING DLC;
- ss 11 - Sweep R ft fwd & then to R/as you step sd & fwd R in front of W's L hip,-, sweep L ft fwd & then to the L/as you step sd & fwd L (W's step is in front of M's R hip)-;
- sq 12 - Fwd R,-, lifting L arm up to lead W to trn fwd L, fwd R outsd ptr to BJO DLC (fwd R, fwd L lifting L arm to comm LF trn, sd & bk R, bk L) to BJO DLC;

**PART B****1 - 4 TELEFEATHER;; REVERSE WAVE 3; SLOW BACK CHECK & SWITCH DLW;**

- sq- 1 - Fwd L blending to CP comm LF trn,-, fwd & sd R past ptr cont LF trn (cl L heel turn), point sd & slightly bk L (sqq) LOD partial wgt to face DRW (fwd R LOD head closed to L);
- qqqq 2 - Trn LF sharply thru hip to lead W to rec and fold to CP LOD/fwd L comm LF trn, fwd & sd R cont LF trn, sd (&qqqq) & slightly fwd L, fwd R (rec L trng LF and fold to CP/bk R, cl L to R toe trn, sd & bk R, bk L) to BJO DLW;
- 3 - Fwd L comm LF trn to CP,-, fwd & sd R cont LF trn (cl heel trn), bk L twd DLW;
- ss 4 - Bk R DLW w/L sd leading checking,-, lower on R to push fwd L DRC past W then rise trng ½ RF to CP DLW,-;

**5 - 8 NATURAL WEAVER;; HOVER; DOUBLE LILT;**

- 5 - Fwd R comm RF trn,-, fwd L cont RF trn (close heel turn), cont RF trn bk R in CBJO DRW;
- qqqq 6 - Bk L (fwd R outsd ptr), bk R comm LF trn, sd & slightly fwd L toe pointing DLW, fwd R to BJO DLW;
- 7 - Fwd L blending to CP DLW,-, sd R cont rising brush L twd R (brush R twd L), sd & fwd L to SCP DLC;
- qqqq 8 - Thru R, rising slightly small fwd almost cl L to R, thru R, rising slightly small fwd almost cl L to R;

**9-12 FEATHER TO; DOUBLE TOPSPIN;; DOUBLE REVERSE;**

- 9 - Thru R,-, fwd L lead W to trn LF, fwd R outsd ptr to BJO DLC;
- qqqq 10 - Trng 1/8 LF on R ft/bk L (fwd R outsd ptr), cont LF trn bk R, cont LF trn sd & fwd L, fwd R to BJO DRW;
- qqqq 11 - Trng 1/8 LF on R ft/bk L (fwd R outsd ptr), cont LF trn bk R, cont LF trn sd & fwd L, fwd R to BJO DLC;
- qq- 12 - Fwd L comm LF trn blending to CP, fwd & sd R cont LF trn, cont LF trn on R, touch L to R (bk R comm LF (qqqq) trn, cl L to R heel turn, cont LF trn sd & slightly bk R, XLIF of R) to CP DLC;

**PART C****1 - 4 TELEMARK TO SCP LOD; OK CHAIR REC POINT LADY ROLL OUT TO L OPEN WALL; SYNC FRONT VINE 4; CROSS SWIVEL TWICE;**

- 1 - Fwd L comm LF trn,-, fwd & sd R cont LF trn (cl heel trn), sd & fwd L to SCP LOD;
- qq- 2 - Soften L knee fwd & across R LOD flexing R knee leading W fwd, rec L, point sd & bk R (fwd L, fwd R trng ¼ (qqq) LF, sd & fwd L LOD) to LEFT OPEN POS FCING WALL,-;
- NOTE:** Now same footwork for next 5 measures.
- s&s& 3 - XRIF of L LOD,-/sd L, XRIB of L,-/sd L;
- ss 4 - XRIF of L LOD, swvl ¼ RF on R tch L to R, XLIF of R RLOD, swvl ¼ LF on L tch R to L;

**5 - 8 SYNC FRONT VINE 4; CROSS SWIVEL TWICE; FENCE LINE; FORWARD & SWIVEL CLOSE LADY FWD 3 TO CP DLC;**

- s&s& 5 - XRIF of L LOD,-/sd L, XRIB of L,-/sd L;
- ss 6 - XRIF of L LOD, swvl ¼ RF on R tch L to R, XLIF of R RLOD, swvl ¼ LF on L tch R to L;
- 7 - Soften L knee fwd & across R LOD flexing R knee,-, rec L trng RF, sd & fwd R;
- ss 8 - Fwd L twd DRW, swvl ½ LF on L, cl R to L (fwd L twd DRW,-, fwd R, fwd L) blend to CP DLC,-;
- (sqq) **NOTE:** Now back to opposite footwork.

**9-10 SIDE SWAY EACH WAY; SLOW DIP BACK & RECOVER;**

- ss 9 - Sd L draw R to L w/Rsway,-, sd R draw L to R w/L sway,-;
- ss 10 - Bk & sd L softening knee,-, rec R still in CP DLC,-;

**BRIDGE****1 - 4 FWD ZIG ZAG 4; HOVER CROSS ENDING; BOUNCE REVERSE FALLAWAY 4 TO BJO; WEAVE 4 ENDING;**

- QQQQ 1 - Fwd L, trng LF sd & bk R, bk L, cl R to L trng RF (bk R, trng LF sd & fwd L, fwd R outsd ptr, trng RF sd & bk L) to SDCR DLC;
- QQQQ 2 - Fwd L LOD outsd ptr cking, rec R comm slight LF trn, sd & fwd L, fwd R to BJO DLC;
- QQQQ 3 - Fwd L comm LF trn, cont LF trn sd & bk R w/R sd leading, bk L well under body to SCP DRW, rise trng slightly LF & trng W bk R (bk R comm LF trn, sd & bk L, bk R well under body, rise trng LF on R fwd L) to BJO DRW;
- QQQQ 4 - Bk L twd DLC (fwd R outsd ptr), bk R blending to CP trng LF, cont LF trn sd & fwd L, fwd R to BJO DLW;

**PART A (1-9)****ENDING****1 - 4 HESITATION CHANGE LADY TURN R 3 QUICK TO FACE; CIRCLE 4 w/SNAPS; TO CP DLC; FWD ZIG ZAG 4;**

- ss 1 - Bk L comm RF trn,-, cont RF trn sd & fwd R twd DLW & draw L to R (bk L comm RF trn, cont RF trn sd & fwd R DLW, cont RF trn small sd & bk L) to fc ptr & DLC nothing touching,-;
- ss 2 - Trng LF (RF) circle away from ptr fwd L, snap trailing fingers, cont LF trn circle fwd R, snap trailing fingers;
- ss 3 - Cont LF trn circle twd ptr fwd L, snap trailing fingers, fwd R blending to CP DLC,-;
- QQQQ 4 - Fwd L, trng LF sd & bk R, bk L, cl R to L trng RF (bk R, trng LF sd & fwd L, fwd R outsd ptr, trng RF sd & bk L) to SDCR DLC;

**5 - 8 HOVER CROSS ENDING; BOUNCE REVERSE FALLAWAY 4 TO BJO; WEAVE 4 ENDING; HOVER TELEMARK TO SEMI LOD;**

- QQQQ 5 - Fwd L LOD outsd ptr cking, rec R comm slight LF trn, sd & fwd L, fwd R to BJO DLC;
- QQQQ 6 - Fwd L comm LF trn, cont LF trn sd & bk R w/R sd leading, bk L well under body to SCP DRW, rise trng slightly LF & trng W bk R (bk R comm LF trn, sd & bk L, bk R well under body, rise trng LF on R fwd L) to BJO DRW
- QQQQ 7 - Bk L twd DLC (fwd R outsd ptr), bk R blending to CP trng LF, cont LF trn sd & fwd L, fwd R to BJO DLW;
- 8 - Fwd L,-, fwd & slightly sd R between W's feet trng RF, sd & fwd L to SCP LOD;

**9-11 QK CHAIR RECOVER LADY ROLL OUT & EXPLODE APT; BOTH ROLL ACROSS TO EXPLODE; HOLD LADY SYNC ROLL IN 4 & STORK LINE;**

- QQS 9 - Soften L knee fwd & across R LOD flexing R knee, rec L, trng slightly RF sd & fwd R w/soft knee sweeping trail arm up & out (fwd L, fwd R trng  $\frac{3}{4}$ , sd & fwd L w/soft knee quickly sweeping trail arm up & out) to LEFT OPEN POS FCING WALL,-;
- QQS 10 - Fwd L LOD comm LF roll behind W, fwd R cont LF roll, cont LF roll sd L LOD w/soft knee sweeping lead arm up & out (fwd R RLOD comm RF roll in front of M, fwd L cont RF roll, cont RF roll sd R RLOD w/soft knee quickly sweeping lead arm up & out) to OPEN POS FCING WALL,-;
- 11 - Hold as you lead W to roll in to your R arm,, straighten leg, then raise lead arm straight up past ear palm out as you look at ptr (fwd L comm LF roll, fwd R cont LF roll maintaining trail hand hold/cont LF roll sd L LOD to fc WALL, cl R to L, lift L foot toe pointing down to floor to inside of R knee as you raise R arm straight up past ear palm out & look at ptr) to end in one handed WRAP POS FCING WALL & lead arms up;

**NOTE:** Timing is standard SQQ unless noted by side of measure and is reflective of actual weight changes.