

# EAST COAST GROOVE

Choreographed by Paul McAdam & Nicola Lafferty

Description: 64 count, 2 wall, Lilt (ECS)

Level: Intermediate

Music: 'Love Really Hurts Without You' by Billy Ocean (146 BPM)

Official UCWDC competition dance description

Date of usage 24 April 2008

## 1-8 STEP & KICK & BEHIND & KICK & CROSS, HOLD, UNWIND, BALL CHANGE

- 1 Step LF forward and slightly across RF
- 2 Kick RF across in front of LF
- & Hitch right knee up
- 3 Kick RF behind
- & Hitch right knee up LF
- 4 Kick RF across in front of LF
- & Hitch right knee up
- 5 Cross RF behind LF
- 6 Unwind a full turn right transferring weight to LF
- 7 Hold
- & Step ball of RF down
- 8 Step LF to left side

## 9-16 TOUCH & HOP TURNS, KICK X 2 & SLIDE

- 1 Touch right toe to right side, whilst hitching right knee up
- & Hop on LF  $\frac{1}{4}$  turn left
- 2 Step RF beside LF
- 3 Make  $\frac{1}{4}$  turn left and touch left toe to left side
- & Whilst hitching left knee up, hop on RF  $\frac{1}{4}$  turn left
- 4 Step LF next to RF
- 5-6 Make  $\frac{1}{4}$  turn left pivoting on LF, and kick RF a low kick to right side twice
- 7 Step RF a large step to right side
- 8 Slide LF up to RF (no weight)

## 17-24 SAILOR STEP 1/2 TURN, 2 X 1/2 TURNS, SAILOR STEP, HOLD, BALL CHANGE

- 1 Cross LF behind RF
- & Make  $\frac{1}{4}$  turn left and step RF to right side
- 2 Make  $\frac{1}{4}$  turn left and step forward on LF
- 3 Make  $\frac{1}{2}$  turn right and step forward on RF
- 4 Pivot  $\frac{1}{2}$  turn right on RF and step back on LF

- 5 Cross RF behind LF
- & Make  $\frac{1}{4}$  turn right and step LF to left side
- 6 Make  $\frac{1}{4}$  turn right and step forward on RF
- 7 Hold
- & Step ball of LF down
- 8 Step RF slightly forward

## 25-32 TAP HOP STEP, COASTER STEP, TRAVELLING KICK BALLCHANGES

- 1 Tap LF behind RF
- & Scoot back on RF
- 2 Step down on LF
- 3 Step RF back
- & Step LF next to RF
- 4 Step RF forward
- 5 Touch left toe to left side swivelling left heel in
- & Step back on ball of LF
- 6 Cross RF over LF
- 7 Touch left toe to left side swivelling left heel in
- & Step back on ball of LF
- 8 Cross RF over LF

## 33-40 KICKS, STEP DOWN WITH LEAN, STRAIGHTEN UP, HOLD, BALL STEP

- 1-2 Facing left diagonal, kick LF forward twice
- 3 Touch LF back
- 4 Kick LF a high kick forward
- 5-6 As you step down on LF lean back, straighten up taking weight completely onto LF
- 7 Hold
- & Step RF next to LF
- 8 Step LF to left diagonal

**41-48 CROSS TOUCH HOP X 2, CROSS HOLD, UNWIND, 2 X HIP BUMPS, 2 X SAILOR STEPS**

- 1 Squaring up to 12 o'clock, Cross RF over LF
- 2 Touch left toe to left side
- & Hitch left knee in as you hop on RF
- 3 Cross LF over RF
- 4 Touch right toe to right side
- & Hitch right knee in as you hop on LF
- 5 Cross RF over LF
- 6 Unwind ½ turn left, finishing with feet in 2nd position, weight staying on RF
- 7 Bump hips to left
- 8 Bump hips to right

**49-56 SAILOR STEPS, SIDE STEP CROSSES WITH KNEE KNOCKS**

- 1 Cross LF behind RF
- & Step RF to right side
- 2 Step LF in place
- 3 Cross RF behind LF
- & Step LF to left side
- 4 Step RF in place
- &5 Step LF to left side turning knees out, bring knees together
- &6 Cross RF slightly over left turning both knees out, bring knees together

- &7 Step LF to left side turning knees out, bring knees together

- &8 Cross RF slightly over left turning both knees out, bring knees together

*During counts 49-56 you are facing 7.30 but moving diagonally sideways towards 4.30*

**57-64 SLOW SKATES THEN QUICK SKATES MAKING FULL TURN**

- 1 Make ¼ turn left and skate LF forward
- 2 Hold
- 3 Make ¼ turn left and skate RF forward
- 4 Hold
- 5 Make ¼ turn left and skate LF forward
- 6, Skate RF forward
- 7 Make ¼ turn left and skate LF forward
- 8 Skate RF forward

*57-64 are done in a large circle making a full turn; dancers should finish facing 6 o'clock*