

# Make me Groove<sup>/32 COUNT/4 wall/ HIGH BEGINNER</sup>

MUSIC: Janet Jackson

ALBUM: Number One

Choreographed by: Tom Clemons

Start 48 counts into track

R KICK STEP R, POINT L, R KNEE R HIP, STEP L, R KICK STEP R, POINT L,  
KNEE HIP

1&2 kick right foot forward, step back right foot

34 bring right knee forward (bent next to left), push right hip back  
(straighten right knee)

&5&6 step left foot in place, kick right foot forward, step back on right foot

78 bring right knee forward (bent next to left), push right hip back  
(straighten right knee)

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L BALL STEP R, STEP L, RIGHT OUT, LEFT OUT, STEP BACK R, STEP BACK L  
OUT R, OUT L

&1 2 left ball change stepping forward on right, step forward on left

34 step out to side right foot, step out to side left foot

56 step back on right foot, step back on left foot

78 step out on right foot, step out on left foot

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HIPS R 2X, HIPS L 2X, ¼ TURN R, INTO FULL BODY ROLL, INTO SITTING  
POSITION (3:00)

12 feet apart push hips to right side twice

34 push hips to left side twice

56 first part of body roll (head to chest) making a ¼ turn to right (3:00)

78 second part of body roll (chest to bum) roll into a sitting position with  
weight over left foot

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HIPS FWD, HIPS BACK, HIPS FWD, HIPS BACK (WHILE IN SITTING  
POSITION), STEP R OUT, STEP L OUT, STEP R FWD, STEP L FWD

12 push hips forward (in sitting positions), push back into sitting  
position

34 push hips forward (in sitting positions), push back into sitting  
position

56 step right foot to right side, step left foot to side

78 step forward onto right foot, step forward onto left foot

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repeat

