

Count: 96

Wall: 2

Level: Phrased Intermediate

Choreographer: Shane McKeever & Kerry Maus – June 2018

Music: Grow – Andy Grammer [3:07] - Album: The Good Parts - iTunes



**Intro: 16 counts**

**Sequence: ABC ABC ABC ABCC(C16) \*ENDING**

**Section A: 32 counts**

**A[1-8] SIDE, DRAG, BALL CROSS, ¼, ½, ¾, WALK, WALK**

1,2&3,4      1) Step R to right, 2) drag L beside R, &) step L beside R, 3) cross R over L, 4) turning ¼ left, step L forward [9:00]

5,6,7,8      5) Turning ½ left, step R back, 6) turning ¾ left, step L to left, 7) Step R forward, 8) step L forward [10:30]

**A[9-16] PRESS, BACK SWEEP, SWEEP, BEHIND,SIDE, CROSS, BALL CROSS(X2), HITCH**

1,2      1) Press R forward, 2) Step L back, sweep R front to back

3,4      3) Step R back, sweep L front to back, 4) step L behind R, sweep R front to back

&5&6      &) Turning 1/8 left, step R to right, 5) Cross L over R, &) turning 1/8 left, step R to right, 6) Cross L over R

&7,8      &) Turning 1/8 left, step R to right, 7) Cross L over R, 8) hitch R knee [6:00]

**A[17-24] SIDE, DRAG, BALL CROSS, ¼, ½, ¾, WALK, WALK**

1,2&3,4      1) Step R to right, 2) drag L beside R, &) step L beside R, 3) cross R over L, 4) turning ¼ left, step L forward [3:00]

5,6,7,8      5) Turning ½ left, step R back, 6) turning ¾ left, step L to left, 7) Step R forward, 8) step L forward [4:30]

**A[25-32] PRESS, BACK SWEEP, SWEEP, BEHIND,SIDE, CROSS, BALL CROSS(X2), HITCH**

1,2      1) Press R forward, 2) Step L back, sweep R front to back

3,4      3) Step R back, sweep L front to back, 4) step L behind R, sweep R front to back

&5&6      &) Turning 1/8 left, step R to right, 5) Cross L over R, &) turning 1/8 left, step R to right, 6) Cross L over R

&7,8      &) Turning 1/8 left, step R to right, 7) Cross L over R, 8) hitch R knee [12:00]

**Section B: 32 counts**

**B[1-8] HIP PUSHES R-L-R, ¼ HITCH, STEP, HITCH (X3) ½ TURN**

1,2      1) Step R to right, pushing hips to right, 2) step L to left, pushing hips left

3,4      3) Step R to right, pushing hips to right, 4) turn ¼ right, hitch L knee [3:00]

5,6,7,8      5) Step L forward, 6) turn ¼ left, hitch R knee, 7) turn 1/8 left, hitch R knee, 8) turn 1/8 left, hitch R knee [9:00]

**B[9-16] DOROTHY STEP R-L, ROCK, RECOVER, BACK, BACK**

1,2&      1) Step R to right diagonal, 2) lock L behind R, &) step R to right diagonal

3,4&      3) Step L to left diagonal, 4) lock R behind L, &) step L to left diagonal

5,6,7,8      5) Rock R forward, 6) recover L back, 7) step R back, fan L toe out, 8) step L back, fan R toe out

**B[17-24] BACK SIT, TOUCH, FORWARD ¼, ½, ¾, POINT, TOE SWITCHES L-R**

1,2      1) Step R Back, 2) touch L forward,

3,4,5      3) Turn ¼ left, step L forward 4) turn ½ left, step R back, 5) turn ¼ left, step L to left [12:00]

6&7&8      6) Point R to right, &) step R beside L, 7) point L to left, &) step L beside R, 8) point R to right

**B[25-32] JAZZ BOX, BALL CROSS SIDE, SIDE ROCKS WITH HIP SWAYS L-R-L-R**

1,2&3,4      1) Cross R over L, 2) step L back, &) step R to right 3) cross L over R, 4) step R to right

5,6      5) Rock L & sway hips to left, 6) rock right & sway hips to right,

7,8      7) Rock L & sway hips to left, 8) rock right & sway hips to right

**Section C: 32 counts**

**C[1-8] PRESS, RECOVER, SAILOR, PRESS, SIT, ¼, ¼ HITCH**

1,2,3,4& 1- step R to right  
2) Press L forward, into forward body roll upward, 3) recover R, 4) cross L behind R, &

5,6 5) Press L to left, and push chest upward to left diagonal, 6) recover R, pushing hips out to right

7,8 7) Turn ¼ left, step L forward, 8) turn ¼ left, hitch R knee. [6:00]

**(arms: 1-2) with hands together & palms toward chest, slowly move upward in front of face, 3) drop hands.)**

**C[9-16] SIDE, BALL CROSS, UNWIND, SHOULDER POPS, HIP CIRCLE**

1,2& 1) Step R to right, 2) Step L next to R, &) cross R over L,

3,4 3- 4) Unwind rising up onto balls of feet & back down [12:00]

5&6 5) leaning slightly to right, lift R shoulder, &) lift L shoulder, 6) lift R shoulder,

7,8 7) roll hips clockwise from right, 8) to left, weight to left

**C[17-24] R DIAGONAL LOCK STEP, L DIAGONAL LOCK STEP W/ HITCH, SAILOR STEP, HEEL TWISTS, DRAG R TOE**

1&2&3 1) Step R to right diagonal, &) lock L behind R, 2) step R to right diagonal, &) step L to left diagonal, 3) lock R behind L, while hitching L knee up and out to left side,

4&5&6 4) cross L behind R, &) step R to right, 5) step L to left, &) lift R heel and twist out, 6) return heel,

&7,8&1 &) lift L heel and twist out, 7) return heel, 8&1) slowly drag R toe next to L, turning body toward

[11:30]

**(arms: 8&1) point index fingers out at hip height, make two small circles slowly raising hands up to point to temples)**

**C[25-32] ROCK, RECOVER LOW KICK, BACK, ¼, ¼, STEP BRUSH, LOW KICK, SIDE, CROSS**

2,&3 2) Rock R back, &) step L forward, while brushing R foot forward to a low kick, 3) hold

4&5,6 4) Step R back, &) turning ¼ left, step L to left, 5) turning ¼ left, step R forward, 6) step L forward

[4:30]

&7,8 &) Kick R foot forward, into low kick forward then out to right, 7) hold, 8) step R to right, &) cross L over R [6:00]

**Note: When transitioning from C into C: On the “&” count, touch your L beside R, to make the transition into C on the L foot.**

**\*ENDING: The last repetition through “C”, you will dance through count 16: Press forward on R, and raise your hands up for the lyric “Grow”, just as you do at the beginning of section C.**

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