

# Triple Mix

**Count:** 32    **Wall:** 2    **Level:** Beginner

**Choreographer:** Lorna Mursell (Scotland) Nov 2014

**Music:** Country Medley by Nathan Carter - The Live Show



## Alternative Music:

**From A Jack To A King - Johnny Hansen**

**Take These Chains From My Heart - Lee Roy Parnell**

**Singing The Blues - Kentucky Headhunters**

## NO TAGS, NO RESTARTS

**Start On The Word "KING"**

### SEC 1) CHASSE, BACK ROCK, REC, SIDE TOUCH

- 1&2            Step right to right side, step left beside right, step right to right side
- 3-4            Rock back on left, recover on to right
- 5-6            Step left to left side, touch right beside left
- 7-8            Step right to right side, touch left beside right

### SEC 2) CHASSE 1/4 TURN, BACK ROCK, REC, SIDE TOUCH

- 1&2            Step left to left side, step right beside left, turn 1/4 right stepping back on to left foot
- 3-4            Rock back on right, recover on to left
- 5-6            Step right to right side, touch left beside right
- 7-8            Step left to left side, touch right beside left

### SEC 3) TOE STRUT, KICKBALL CHANGE, TOE STRUT KICKBALL CHANGE

- 1-2            Step right toe forward, drop right heel down
- 3&4            Kick left foot forward, step left foot in place, step right foot beside left foot
- 5-6            Step left toe forward, drop left heel down
- 7&8            Kick right foot forward, step right foot in place, step left foot beside right foot

### SEC 4) CROSS POINT X 2, JAZZ BOX 1/4 TURN, CROSS

- 1-2            Cross right over left, point left toe to left side
- 3-4            Cross left over right, point right toe to right side
- 5-6            Cross right over left, step back on left
- 7-8            Step 1/4 turn right, cross left over right