My Soul Country

Count: 48

Ebene: Beginner

Choreograf/in: Melita Sandra (INA) - April 2024

Musik: I'm from the Country - Tracy Byrd : (CD: Greatest Hits)

start on vocal or start after 16 C - No Tag No Restart

Section I. R Point Together, HEEL HOOK , SHUFFLE

- 1-2 RF to side bring right in beside LF
- 3 4 RF heel fwd hook right in front of LF
- 5 6 Step RF fwd left step beside
- 7 8 RF fwd , Left fwd, Right fwd

Section II. L Point Together, HEEL HOOK , SHUFFLE

- 1 2 LF to side bring left in beside RF
- 3 4 LF heel fwd hook left in front of RF
- 5 6 Step LF fwd right step beside
- 7 8 LF fwd , Right fwd, Left fwd

Section III. STEP Fwd -STEP Together, KNEE Bend, STEP Fwd-STEP Together, KNEE Bend

- 1 2 Step RF diagonal fwd facing 10.30, Step LF next to RF
- 3 4 Bend both knee up, Bend both knee up-weights on RF
- 5 6 Step LF diagonal fwd, step RF next to LF facing 1.30
- 7 8 Bend both knee up, Bend both knee up-weight on LF

Section IV. OUT OUT, Coaster Step, CHARLESTON

- 1 2 Step RF out to R , Step LF out to L
- 3 & 4 Step RF back , step LF together , Step RF fwd
- 5 6 Touch LF fwd, step back on LF
- 7 8 Touch RF back step fwd on RF

Section V. OUT OUT, Coaster Step, CHARLESTON

- 1 2 Step LF out to L , Step RF out to R
- 3 & 4 Step LF back , step RF together , Step LF fwd
- 5 6 Touch RF fwd, step back on RF
- 7 8 Touch LF back step fwd on LF

Section VI. HEEL GRIND ¼ TURN R, Back Rock, HEEL GRIND ¼ TURN R, Back Rock

- 1 2 Touch R heel fwd with toes facing in, swivel toes out while turning ¹/₄ R-weight on LF 03.00
- 3 4 Rock RF back, Recover weight on LF
- 5 6 Touch R heel fwd with toes facing in, swivel toes out while turning ¹/₄ R-weight on LF06.00
- 7 8 Rock RF back, Recover weight on LF





Wand: 2