# **True North**

**Count: 32** 

Ebene: Intermediate

Choreograf/in: Amanda O'Donnell (USA) - May 2024 Musik: God & Country - Anne Wilson

## Intro: 16 counts

#### \*1 Restart on wall 5 after 16 counts

#### [1-8] Grapevine unwind full turn

- 1, 2, 3, 4 Step R to R, Step L behind R, Step R to R, Cross L forward in front of R
- 5,6 Use full 2 beats to unwind over right shoulder for a <sup>3</sup>/<sub>4</sub> turn and taking weight on right foot which will be forward on new wall
- 7.8 Full turn moving forward stepping L R

### [9-16] Shuffle, rock, 1.5 turn, shuffle

- 1&2 Shuffle forward L R L
- 3, 4 Rock forward R, fall back on L
- 5, 6, 7 & 8 (1.5 turn traveling towards new forward) Step back R for a guarter turn, swing L around for half a turn, swing R around <sup>3</sup>/<sub>4</sub> to finish turn then finish the shuffle stepping L R

### Restart here on wall 5

### (Don't take weight on last step of shuffle on previous 8 so you're ready for restart)

#### [17-24] Turning Heel Grinds

- 1, 2, 3 & 4 Heel grind L with a half turn, step back R, coaster L R L
- Heel grind R with a half turn, step back L, stomp R stomp L 5, 6, 7, 8

#### [25-32] Out out, in in, and cross and heel and cross and heel

- & 1 Step R forward right, Step L forward left
- 2 hold
- & 3 Step R back in and step L back in so feet together
- 4 hold
- & 5 & 6 Step R to R, Cross L in front, Step R to R, Stick out L heel to L
- Step L to L, Cross R in front, Step L to L, Stick out R heel to R & 7 & 8

Optional Styling: Whenever Anne Wilson sings the line "friends in low places" while you're doing the unwind on counts 5 and 6 of the dance, take that unwind with your knees bent so you're lower to the ground





Wand: 4