We're From The Country NZ

Level: Beginner

Choreographer: Lorraine Macmillan (NZ) - February 2020

Music: I'm from the Country - Tracy Byrd : (Album: I'm from the Country - 3:33)

Start: On the second word of the vocals, "back" (approx. 10 seconds from the start of the track)

VINE RIGHT, SIDE, TOUCH, SIDE, TOUCH with claps

- Step R to R side, step L behind R, step R to R side, touch L beside R & clap 1-4
- 5-8 Step L to L side, touch R together & clap, step R to R, touch L together & clap

VINE LEFT, SIDE, TOUCH, SIDE, TOUCH with claps

- 9-12 Step L to L side, step R behind L, step L to L side, touch R beside L & clap
- 13-16 Step R to R side, touch L together & clap, step L to L side, touch R together & clap

DIAGONAL LOCK FORWARD

Count: 48

- Step R fwd at 45 degrees, Lock L behind R, Step R fwd at 45 degrees, scuff L fwd 17-20
- 21-24 Step L fwd at 45 degrees, Lock R behind L, Step L fwd at 45 degrees, touch R beside L

BACK, HEELS (12 o'clock)

- 25-28 Step back on R, touch L heel fwd, Step back on L, touch R heel fwd
- 29-32 Repeat steps 25-28

SIDE SHUFFLE, ROCK BACK, RECOVER

- 33&34 Shuffle to the right R,L,R
- 35, 36 Rock back on L, recover on R

SIDE SHUFFLE, ROCK BACK, RECOVER

- 37&38 Shuffle to the left L,R,L
- 39, 40 Rock back on R, recover on L

MONTEREY ¼ RIGHT, ROCKING CHAIR

- 41-44 Touch R to R side, 1/4 turn R stepping on R, Touch L to L side, Step L together
- 45-48 Rock fwd on R, recover onto L, Rock back on R, recover onto L

Repeat from the beginning. No tags or re-starts.

Optional: Shimmy during steps 25-32.

Last Update: 19 May 2025





Wall: 4