

True North

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Amanda O'Donnell (USA) - May 2024

Music: 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 $\frac{3}{4}$ 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 quarter turn, swing L around for half a turn, swing R around $\frac{3}{4}$ 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
5, 6, 7, 8 Heel grind R with a half turn, step back L, stomp R stomp L

[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
& 7 & 8 Step L to L, Cross R in front, Step L to L, Stick out R heel to R

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