

Country Girl Roll

Compte: 32

Mur: 4

Niveau: Beginner +

Chorégraphe: John Dembiec (USA) - March 2015

Musique: God Bless a Country Girl - The Lacs



#16 count intro / start on vocals - No Tags/Restarts

[1-8] □ KICK-BALL-STEP, ¼ TURN BOUNCES (X2)

- 1&2 Kick R forward, Step R next to L, Step L forward
- 3&4 Making ¼ turn R, bounce both heels 3 time
- 5-8 Repeat counts 1-4

[9-16] □ HIP BUMPS AND TRAVELING KNEE ROLLS (X2)

- 1-2 Stepping R to R diagonal bump R hip forward, Bump L hip back
- 3& Roll R knee clockwise (from inside to out), Step L next to R
- 4& Step R to R diagonal and roll R knee clockwise, Touch L next to R
- 5-6 Stepping L to L diagonal bump L hip forward, Bump R hip back
- 7& Roll L knee counter-clockwise (from inside to out), Step R next to L
- 8& Step L to L diagonal and roll L knee counter-clockwise, Touch R next to L

[17-24] □ ROCK, ¼ TURN TRIPLE, CROSS, STEP BACK, COASTER

- 1-2 Rock R forward, Replace to L
- 3&4 Making ¼ turn R Step R to R, Step L next to R, Step R to R
- 5-6 Cross L over R. Step R back
- 7&8 Step L back. Step R next to L, Step L forward

[25-32] □ HIP BUMPS

- 1-2 Step R slightly to R and bump hips twice to R
- 3-4 Step L slightly to L and bump hips twice to L
- 5-6 Bump hips R, L
- 7&8 In a clockwise rotation, bump hips with weight ending on L

REPEAT AND HAVE FUN !!!!!

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Last Update - 30th March 2015