

Country Shake

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Laura Sway (UK) - July 2014
音乐: Country Girl - Luke Bryan : (iTunes & Amazon)



Count in: 32 counts (begin on main vocals)

[1-8] X3 Heel Switches, Right Hook , Stomp. Left Forward Mambo, Right Coaster Step.

- 1&2&3&4 Right Heel Forward, Step onto Right, Left Heel Forward, Step onto Left, Right Heel Forward, Hook Right Foot in Front of Left Leg, Stomp Right Foot Slightly Forward
- 5&6 7&8 Rock Forward on the Left, Recover Weight onto Right, Step Left Next to Right. Step Back on the Right, Step Left to Right, Step Forward on the Right.

[9-16] Rock Forward, Recover, Step ½ Left, Step Right, ½ Turn, Step , Rock Side, Ball, Cross, Ball, Cross, Step ¼ Right.

- 1&2 3&4 Rock Forward Left, Recover Weight on the Right, Step Left ½ Left. Step Forward on the Right, Pivot ½ Left, Step Forward on the Right.
- 5&6&7&8 Rock Left to Left Side, Travelling Slightly to Right Side, Right Ball, Cross, Ball, Cross, Step Right ¼ to the Right

[17-24] Rock Left Recover Cross, Toe Heel Stomp, Repeat.

- 1&2 3&4 Rock to Left Side, Recover Weight on to Right, Cross Left over Right. Touch Right Toe, Touch Right Heel, Stomp Right in Place.
- 5&6 7&8 Rock to Right Side, Recover Weight on to Left, Cross Right over Left. Touch Left Toe, Touch Left Heel, Stomp Left in Place.

[25-32] Rocking Chair Forward & Back &, Step Left ½ Turn Step. Right Lock Step Lock Step, Stomp.

- 1&2&3&4 Rock Forward on the Left, Recover onto Right, Rock Back on the Left, Recover Weight onto Right, Step Forward on the Left, Pivot ½ Right, Step Forward on the Left,.
- 5&6&7&8 Step Forward on the Right, Lock Left behind Right, Step Forward on the Right, Lock Left behind Right, Step Forward on the Right, Stomp Left slightly Forward.

[33-40] Point Right Out In Out, Behind Side Cross, Point Left Out In Kick, Left Coaster Step

- 1&2 3&4 Point Right Toe to Right Side, Touch Right Toe Beside Left, Touch Right Toe to Right Side, Step Right Behind Left, Step Left to Left Side, Cross Right over Left.
- 5&6 7&8 Point Left Toe to Left Side, Touch Left Beside Right, Kick Left Foot Forward, Step Back on the Left, Step Right to Left, Step Forward on the Left.

[41-48] Rock Forward Recover Triple Full Turn, Cross & Heel & Touch , x2 Claps.

- 123&4 Rock Forward on the Right, Recover Weight onto Left, Making a Full Turn over Right Shoulder Step Right Left Right.
- 5&6&7&8 Cross Left over Right, Step Back on the Right , Touch Left Heel Diagonally Forward, Step Weight onto Left, Touch Right Beside Left, X2 claps

[49-56] Step Pivot 1/2 , Scuff Hitch Stomp, Step Pivot ¼ Scuff Hitch Stomp.

- 123&4 Step Forward On the Right, Pivot ½ over Left Shoulder, Scuff Right Foot Forward, Hitch Right Up, Stomp Right Slightly in front .
- 567&8 Step Forward on the Left, Pivot ¼ over Right Shoulder, Scuff Left Foot Forward, Hitch Left up, Stomp Left Slightly in front.

[57-64] Right Rocking Chair Forward & Back & Stomp Twist Twist, Right Coaster step & Step, Stomp ¼ Left.

- 1&2&3&4 Rock Forward on the Right, Recover Weight to Left, Rock Back on the Right, Recover Weight on to Left, Stomp Right Foot Forward, Twist Both Heels to Right Side, Twist Both Heel Back to Centre.

5&6&78 Step Back on the Right, Step Left Beside Right, Step Forward on the Right, Step Left Ball
Beside Right, Step Forward on the Right, Making $\frac{1}{4}$ to the Left, Step Forward on the Left.

START AGAIN.... No Tags , No Restarts... ENJOY x

Contact Laura – laura.bates97@yahoo.co.uk
