

COUNTRY GIRL SHAKE

Choreographed by

Michele Adlam & Maria Hennings Hunt

Description:

32 count, 4 wall, beginner/intermediate social cha line dance

Musik:

Country Girl (Shake It For Me) by Luke Bryan

Start dancing on lyrics

WALK, WALK, HIP BUMPS, ROCK RECOVER, SHUFFLE TURN ½ LEFT

1-2 Step right forward, step left forward

3&4 Step right forward and bump right hip forward, back, forward

5-6 Rock left forward, recover to right

7&8 Triple in place turning ½ left stepping left, right, left (6:00)

WALK, WALK, HIP BUMPS, ROCK RECOVER, CHASSE TURN ¼ LEFT

1-2 Step right forward, step left forward

3&4 Step right forward and bump right hip forward, back, forward

5-6 Rock left forward, recover to right

7&8 Turn ¼ left and chassé side left, right, left (3:00)

CROSS ROCK ¼ TURN, MAMBO ½ TURN, FORWARD MAMBO, HIP BUMPS

1&2 Cross/rock right over left, recover to right, turn ¼ right and step right forward

3&4 Rock left forward, recover right turn ½ left and step to left (12:00)

5&6 Rock right forward, recover, step right back

7&8 Bump hips forward, back, forward (weight ends on left)

HEEL & HEEL & HEEL GRIND ¼ TURN, COASTER STEP, SHUFFLE FULL TURN RIGHT
(OR JUST SHUFFLE)

1&2& Right heel forward, step right in place, left heel forward, step left in place

3-4 Right heel grind turn ¼ right, recover to left

5&6 Step right back, step left together, step right forward

7&8 Turning ½ r, step l forward, step r together, turn ½ r and step left forward

Alternative ending for non-turners: shuffle forward left

REPEAT

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