

Country Roots

Count: 32

Wand: 4

Ebene: High Beginner

Choreograf/in: Steve Bisson (UK) & Denise Bisson (UK) - April 2014

Musik: Get Back to the Country - Neil Young : (CD: Old Ways 1985)



Intro: 32 counts – no tags or restarts

HEEL, TOE, SHUFFLE FORWARD x 2

- 1-2 Touch right heel forward, touch right toes beside right
- 3&4 Shuffle forward – stepping right, left, right
- 5-6 Touch left heel forward, touch left toes beside right
- 7&8 Shuffle forward – stepping left, right, left

HEEL SWITCHES, CROSS SHUFFLE, SIDE ROCK, RECOVER, CROSS SHUFFLE

- 1&2& Touch right heel forward, step right beside left, touch left heel forward, step left beside right
- 3&4 Cross step right over left, step left to left side, cross step right over left
- 5-6 Rock left to left side, recover on right
- 7&8 Cross step left over right, step right to right side, cross step left over right

MODIFIED ¼ MONTEREY TURN x 2, CROSS ROCK, SAILOR STEP

- 1&2 Point right to right side, step right beside left with ¼ turn right [3:0], point left to left side
- &3&4 Step left beside right, point right to right side, step right beside left with ¼ turn right [6:0], point left to left side
- 5-6 Cross rock left over right, recover on right
- 7&8 Swing step left behind right, step right to right side, step left in place

CROSS ROCK, RECOVER, CHASSÉ RIGHT, CROSS ROCK, CHASSÉ ¼ TURN

- 1-2 Cross rock right over left, recover on left
- 3&4 Shuffle to right side – stepping right, left, right
- 5-6 Cross rock left over right, recover on right
- 7&8 Shuffle ¼ turn left – stepping left, right, left [3:0]

Repeat

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