

# Country Mile

Count: 48

Wall: 4

Level: Improver

Choreographer: Tina Argyle (UK) - May 2019

Music: Country Mile - Lisa McHugh : (iTunes)



Count In : 16 counts from start of track approx 10 seconds into track

## Stomp, Stomp. Sailor Step. Behind $\frac{3}{4}$ unwind, Side Rock, Recover.

- 1-2 Stomp R forward and slightly out, Stomp L forward and slightly out
- 3&4 Cross R behind L, Step L to L side, step R to R side
- 5-6 Touch L behind R, Make  $\frac{3}{4}$  turn L to face 3 o'clock with weight on L (3 o'clock)
- 7-8 Rock R to R side, recover weight onto L

## Cross, Side, Behind Side Cross, $\frac{1}{4}$ Turn Side Step, Shuffle Forward

- 1-2 Cross R over L. step L to L side
- 3&4 Cross R behind L, step L to L side, cross R over L
- 5-6 Make  $\frac{1}{4}$  turn R stepping back L, step R to R side (6 o'clock)
- 7&8 Step fwd L, close R at side of L, step fwd L

## Full Turn Fwd (or walk,walk).Mambo Step. Coaster Step, Step $\frac{1}{4}$ Turn

- 1-2 Make  $\frac{1}{2}$  turn L stepping back R, Make  $\frac{1}{2}$  turn L stepping fwd L
- 3&4 Rock fwd onto R, recover weight onto L, step back R
- 5&6 Step back L, step back R, step fwd L
- 7-8 Step fwd R make  $\frac{1}{4}$  turn left onto L (3 o'clock)

## Cross,Side Sailor $\frac{1}{2}$ Turn. Side Rock Recover Ball Side Rock Recover

- 1-2 Cross R over L, step L to L side
- 3&4 Cross R behind L Make  $\frac{1}{4}$  turn R stepping L to L side, Make  $\frac{1}{4}$  turn R stepping R to R side (9 o'clock)
- 5-6 Rock L to L side, Recover
- & Step L at side of R
- 7-8 Rock R to R side, Recover

## Sailor Step x 2. Rock Forward Recover, $\frac{1}{2}$ Turn, Walk Fwd Right, Left

- 1&2 Cross R behind L, step L to L side, step R to R side
- 3&4 Cross L behind R, step R to R side, step L to L side
- 5-6 Rock fwd R, recover weight onto L
- 7-8 Make  $\frac{1}{2}$  turn R stepping fwd R, step fwd L (3 o'clock)

\*\*\* Re start here during wall 1 facing 3 o'clock \*\*\*

## Rock Fwd Recover Ball Walk Back L,R Rock Back Recover Ball Walk Fwd R,L

- 1-2& Rock fwd R recover, step R at side of L
- 3-4 Walk back L then R
- \*\*\* Re start here during wall 3 by replacing count 4 with a touch facing 9 o'clock wall
- 5-6& Rock back L recover, step L at side of R
- 7-8 Walk forward R then L

\*\*\* Re starts during walls 1 & 3 see notes in script.\*\*\*

Last Update - 12 June 2019