

Country Girl Commandments



Count: 80

Wall: 4

Level: Phrased Intermediate

Choreographer: Anna Rogers (USA) - February 2023

Music: Country Girl Commandments - Tanner Adell



Part A: 64 counts, Part B: 16 counts, Tag: 8 counts

Sequence:[16 count intro], A, A, B, A (till 40 counts then restart), A, B, B, A, Tag, B, [END] CCW rotation

Part A- 64 Counts

[1-8] GRAPEVINE W/ HEELS (2X). (Travelling to R, Ends facing 12:00)

- 1 & 2 Step RF to R (1), Cross LF behind RF (&), Step RF to R (2).
- 3-4 Dig L Heel forward and quickly replace next to RF (3), as you Dig R Heel forward (4).
- 5 & 6 Step RF to R (5), Cross LF behind RF (&), Step RF to R (6).
- 7-8 Dig L Heel forward and quickly replace next to RF (7), Dig R Heel forward (8).

[9-16] STOMP, KICK, SHUFFLE, PIVOT, SHUFFLE. (Travelling to R, Ends facing 12:00)

- 1-2 Stomp RF next to LF (1), Flick RF forward (2).
- 3 & 4 Bring RF down stepping to R for shuffle travelling to R (RF, LF, RF) (w/ weight ending on right) (3&4).
- 5-6 Make 1/4 turn over R Shoulder to step LF towards 3:00 (5), Pivot on LF 1/2 turn over R Shoulder to face 9:00 putting weight on RF (6).
- 7 & 8 Make 1/4 turn over R Shoulder to return to 12:00 stepping LF to L into a shuffle (LF, RF, LF) (w/ weight ending on left) (7&8).

[17-24] HEEL DIGS, HITCH, RON DE JAMBES. (Travelling Backwards, Ends facing 12:00)

- 1-2-3 Dig R Heel forward (1), replace RF to Dig L Heel forward (2), replace LF to Dig R Heel forward (3).
- & 4 Hitch R Heel up to L Knee (&), replace R Heel down (4).

5-6 Ron-de-jambe RF backward switching weight to RF (5), pop LF in front (6)

***Optional Styling: Add a body roll when you ron-de-jambe the RF back and sit into R Hip when you pop your foot on 6.**

7-8 Ron-de-jambe LF backward switching weight to LF (7), pop RF in front (8).

***Optional Styling: Add a body roll when you ron-de-jambe the LF back and sit into L Hip when you pop your foot on 8.**

[25-32] ROCK BACK, ROCK FORWARD, 1/2 TURN, BACKWARDS PONY. (Ends facing 6:00)

- 1-2 Step RF backward to rock weight backwards and recover weight on LF (1-2)
- 3-4 Step RF forward to rock forwards and recover weight on LF (3-4)
- 5-6 Step RF backward starting to turn over R Shoulder (5), make full 1/2 turn over R shoulder bringing LF to tap next to RF (6).
- 7 & 8 Pony backwards stepping LF, RF, LF (weight ending on LF with RF popped) (7 & 8).

[33-40] SIDE TOE TOUCHES, HITCH RF TO L KNEE, STOMP, KICK, FLICK W/ PIVOT. (Ends facing 9:00)

- 1-2-3 Extend RF out to tap towards the R and quickly replace next to LF taking weight (1), extend LF out to tap towards the L and quickly replace next to RF taking weight (2), extend RF out to tap towards R (3).
- & 4 From the extended position bring RF up next to inner L Knee (&), replace RF down towards R (4).
- 5-6 Stomp RF next to LF taking weight (5), while making 1/4 turn over L shoulder kick L leg to 3:00 (6).
- 7-8 Still facing 3:00 Bring LF down to step backwards behind RF (quickly shift weight to LF) (7), Pivoting on LF make 1/2 turn over L Shoulder while flicking RF backwards to face 9:00 (8).

[41-48] PIVOT, SHUFFLE, PIVOT, SHUFFLE. (Ends facing 9:00)

- 1-2 Step forward towards 9:00 with RF (1), make 1/2 pivot turn over L Shoulder to face 3:00 (2).
- 3 & 4 Step forward with RF into a shuffle (RF, LF, RF) (weight ending on RF) (3 & 4).
- 5-6 Step forward towards 3:00 with LF (5), make 1/2 pivot turn over R Shoulder to face 9:00 (6).
- 7 & 8 Step forward with LF into a shuffle (LF, RF, LF) (Weight ending on LF) (7 & 8).

[49-56] STOMP + BODY ROLL, SAILOR STEPS, ROCK. (Ends facing 9:00)

- 1-2 Stomp RF shoulder width apart from LF with body roll (1-2).
- 3 & 4 Sailor step RF behind LF and recover (3 & 4).
- 5 & 6 Sailor step LF behind RF and recover (5 & 6).
- 7-8 Rock forward on RF (7), recover (8).

[57-64] TURNING SHUFFLES, STEP TAPS. (Ends facing 9:00)

- 1 & 2 Shuffle backwards making a 1/2 turn over R Shoulder to face 3:00 (RF, LF, RF) (1 & 2).
- 3 & 4 Continue turning over R Shoulder with another backwards moving shuffle making a 1/2 turn to return to 9:00 (LF, RF, LF) (3 & 4).
- 5-6 Step RF to R (5), Tap LF next to RF (6).
- 7-8 Step LF to L (7), Tap RF next to LF (8).

Part B- 16 Counts

***Counts [1-8] and [9-16] are the same except [1-8] rotates over the L Shoulder and [9-16] rotates back over the R Shoulder.**

Keep in mind you should always end Part B on the same wall you started Part B.

[1-8] STEP + PIVOT (3X), STEP + TOUCH. (Rotates ¼ over L Shoulder from wall you started Part B on)

- 1-2 Step forward with RF (1), make 1/4 pivot over L Shoulder (2).
- 3-4 Step forward with RF (3), make 1/4 pivot over L Shoulder (4).
- 5-6 Step forward with RF (5), make 1/4 pivot over L Shoulder (6).
- 7-8 Step forward with RF (7), tap LF next to right (8).

[9-16] Step + Pivot (3X), STEP + TOUCH. (Rotates ¾ over R Shoulder back to wall you started Part B on)

- 1-2 Step forward with LF (1), make 1/4 pivot over R Shoulder (2).
- 3-4 Step forward with LF (3), make 1/4 pivot over R Shoulder (4).
- 5-6 Step forward with LF (5), make 1/4 pivot over R Shoulder (6).
- 7-8 Step forward with LF (7), tap RF next to right (8).

Tag- 8 Counts

***The tag is just a repeat of the last 8 counts of part A.**

- 1 & 2 Shuffle backwards making a 1/2 turn over R Shoulder (RF, LF, RF) (1 & 2).
 - 3 & 4 Continue turning over R Shoulder with another backwards shuffle making a 1/2 turn (LF, RF, LF) (3 & 4).
 - 5-6 Step RF to R (5), Tap LF next to RF (6).
 - 7-8 Step LF to L (7), Tap RF next to RF (8).
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