

# Country Commandments

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Count: 32

Wall: 4

Level: Improver

Choreographer: Kathryn Finley (USA) - November 2024

Music: Country Girl Commandments - Tanner Adell



#16 Count intro - Tags: 0 - Restarts: 2

Restart 1 - Wall 5 after 16 counts

Restart 2 - Wall 7 after 8 counts

**[1-8]: Rock R, Recover, R Sailor Step, L Behind Side Cross, Slide R, Touch L**

- 1,2 - Rock onto R foot (1), Recover weight onto L foot (2)
- 3&4 - Step R foot behind L (3), Step together (&), Step R foot to R side (4)
- 5&6 - Step L foot behind (5), Step R foot together (&), Cross L foot over R (6)
- 7,8 - Shifting weight to L foot, slide R (7), Touch R foot (8)

**[9-16]: R Heel Grind, R Coaster step, L Heel Grind turning 1/4 L, L Coaster Step**

- 1,2 - Step R heel fwd, toe pointing to L side, (1) grind R heel into floor, fanning toes from L to R (2)
- 3&4 - Step R foot behind (3), Step L foot together (&), Step R foot fwd
- 5,6 - Step L heel fwd, toe pointing to R side, (5) grind L heel into floor, fanning toes from R to L while making 1/4 turn L (6)
- 7&8 - Step L foot behind (7), Step R foot together (&), Step L foot fwd

**[17-24]: Shuffle fwd x2, Side rock R, Shuffle x2 (R then L), Sailor x2 (R then L)**

- 1&2 - Step fwd R foot (1), Step L foot to R foot (&), Step fwd R foot (2)
- 3&4 - Step fwd L foot (3), Step R foot to L foot (&), Step fwd L foot (4)
- 5&6 - Step R foot behind L foot (5), Step together (&), Step R foot to R side (6)
- 7&8 - Step L foot behind R foot (7), Step together (&), Step L foot to L side (8)

**[25-32]: Points with Holds, Cross R over L, 1/2 Unwind over L Shoulder**

- 1,2 - Point RF to R side, Hold
  - &3,4 - Close RF next to LF, Point LF to L side, Hold
  - &5,6 - Close L foot next to R foot (&), Point R foot to R side (5), Cross R foot over L (6)
  - 7,8 - Unwind 1/2 over L Shoulder
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