

# Triple Mix

Compte: 32

Mur: 2

Niveau: Beginner

Chorégraphe: Lorna Mursell (UK) - November 2014

Musique: Country Medley - Nathan Carter : (The Live Show)



## Alternative Music:

From A Jack To A King - Johnny Hansen

Take These Chains From My Heart - Lee Roy Parnell

Singing The Blues - Kentucky Headhunters

## NO TAGS, NO RESTARTS

Start On The Word "KING"

### SEC 1) CHASSE, BACK ROCK, REC, SIDE TOUCH

- 1&2 Step right to right side, step left beside right, step right to right side
- 3-4 Rock back on left, recover on to right
- 5-6 Step left to left side, touch right beside left
- 7-8 Step right to right side, touch left beside right

### SEC 2) CHASSE 1/4 TURN, BACK ROCK, REC, SIDE TOUCH

- 1&2 Step left to left side, step right beside left, turn 1/4 right stepping back on to left foot
- 3-4 Rock back on right, recover on to left
- 5-6 Step right to right side, touch left beside right
- 7-8 Step left to left side, touch right beside left

### SEC 3) TOE STRUT, KICKBALL CHANGE, TOE STRUT KICKBALL CHANGE

- 1-2 Step right toe forward, drop right heel down
- 3&4 Kick left foot forward, step left foot in place, step right foot beside left foot
- 5-6 Step left toe forward, drop left heel down
- 7&8 Kick right foot forward, step right foot in place, step left foot beside right foot

### SEC 4) CROSS POINT X 2, JAZZ BOX 1/4 TURN, CROSS

- 1-2 Cross right over left, point left toe to left side
  - 3-4 Cross left over right, point right toe to right side
  - 5-6 Cross right over left, step back on left
  - 7-8 Step 1/4 turn right, cross left over right
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