

# Country Heel

**Compte:** 32

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Tine Norup (DK) - July 2023

**Musique:** Country Dance - Aaron Goodvin



**Intro: 16 counts**

**Section 1: Right Heel Dig x2 Right Coaster Step. Left Heel Dig X 2 Left Coaster Step**

1-2-3&4 right (1) Heel, right (2) heel forward (3&4) right Coaster step  
5-6-7&8 left (5) Heel, left (6) heel forward (7&8) left Coaster step.

**Section 2: Turn 1/4 left Cross Shuffle, 1/4 Sailor Step Left**

1-2 Step right forward, make 1/4 turn left.  
3&4 Cross right over left. Step left to left side. Cross right over left.  
5-6 Rock left to left side. Recover onto right.  
7&8 Make 1/4 Sailor Step left.

**Section 3: Figure 8 Vine.**

1 - 2 Step right to right side. Cross left behind right.  
3 - 4 Step right 1/4 turn right. Step left forward.  
5 - 6 Pivot 1/2 turn right. Turn 1/4 right Stepping left to left side.  
7 - 8 Cross right behind left. Turn 1/4 left Stepping left forward.

**Tag: wall 4 and 7 Right Rocking Chair and Restart**

**Restart wall 8**

**Section 4: right, Cross Rock chasse, left rock Forward, left back touch.**

1-2 Cross rock right over left, recover weight onto left.  
3&4 Step right to right, step left beside right step right to right.  
5-6 Rock left forward, recover weight to right.  
7-8 step back on left, touch right to left

**Tag & Restart Wall 4 Clock 12**

24 counts than Right Rocking Chair and restart

**Tag & Restart Wall 7 Clock 9**

24 counts than Right Rocking Chair and restart

**Restart Wall 8 clock 12 after figure8 vine**

**Contact:** [tinenorup@gmail.com](mailto:tinenorup@gmail.com)