

Country In Me

拍数: 32 墙数: 4 级数: Improver
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音乐: Country In Me - Lauren Alaina



Intro: 16 Counts

No Tags, No Restarts (Please note that the timing in each 8 count pattern is the same)

ROCK FORWARD RIGHT, RECOVER LEFT, ½ TURN RIGHT STEPPING FORWARD RIGHT, ROCK FORWARD LEFT, RECOVER RIGHT, ½ TURN LEFT STEPPING FORWARD LEFT, STEP FORWARD RIGHT PIVOT ½ LEFT, ¼ LEFT INTO A SIDE SHUFFLE

1,2& Rock forward right, recover left, make a ½ turn right as you step forward right
3,4& Rock forward left, recover right, make a ½ turn left as you step forward left
5,6 Step forward right, pivot ½ turn left
7&8 Make ¼ turn left stepping on right, step together on left, step side right

ROCK BACK LEFT, RECOVER RIGHT, ¼ TURN RIGHT STEPPING TOGETHER ON LEFT, ROCK BACK RIGHT, RECOVER LEFT, ¼ TURN LEFT STEPPING TOGETHER ON RIGHT, ROCK BACK LEFT, RECOVER RIGHT, LEFT KICK BALL POINT SIDE

1,2& Rock back left, recover right, make a ¼ turn right stepping together on left
3,4& Rock back right, recover left, make ¼ turn left stepping together on right
5,6 Rock back left, recover right
7&8 Kick left forward, step together on left, point right toe to side

CROSS RIGHT OVER LEFT, STEP SIDE LEFT, CROSS RIGHT OVER LEFT MAKING ½ HINGE TURN LEFT, CROSS LEFT OVER RIGHT, STEP SIDE RIGHT, CROSS LEFT OVER RIGHT, ROCK SIDE RIGHT, RECOVER, TRIPLE FULL TURN RIGHT

1,2& Cross right over left, step side left, cross right over left making ½ hinge turn left
3,4& Cross left over right, step side right, cross left over right
5,6 Rock side right, recover left
7&8 Triple full turn right on the spot stepping right, left, right

(Easier version for counts 7&8: Right sailor shuffle)

TOUCH LEFT TOE FRONT, SIDE, STEP TOGETHER ON LEFT, TOUCH RIGHT TOE SIDE, FRONT, HITCH RIGHT, TOUCH RIGHT TOE BACK, UNWIND ½ TURN RIGHT, LEFT LOCK STEP FORWARD

1,2& Touch left toe front, touch left toe side, step together on left
3,4& Touch right toe side, touch right toe front, lift right knee
5,6 Touch right toe back, unwind ½ right putting weight forward on right
7&8 Step forward left, lock right behind left, step forward left

Ending: Dance up to count 14 in the seventh sequence. Make ¼ turn right to front wall and step left, right “ta da”

Repeat and Enjoy