

# She's So Country

COPPER KNOB  
CHOREOGRAPHY SHEETS

拍数: 32      墙数: 2      级数: Improver  
编舞者: Amanda Knox (USA) & Rob Holley (USA) - December 2023  
音乐: She's So Country (feat. Cap Bailey) - Lenny Cooper : (Album: The Grind - iTunes)



**\*\* 1st place UCWDC Newcomer/Novice Division – 2025 Country Dance World Championships \*\***

Tags: 0, Restarts: 0  
Intro: 32 (start on vocals)

## [1-8] HEEL GRIND ¼ TURN RIGHT, COASTER HEEL, BALL-FORWARD, STEP SIDE, FORWARD BODY ROLL

1-2            Touch R heel forward (1), twist/grind heel ¼ turn R & step L back (2) (3:00)  
3&4           Step R back (3), step L back (&), touch R heel forward (4)  
&5-6          Step R next to L (&), step L forward (5), step R to R side (6)  
7-8            Roll upper body forward (7), roll upper body back (weight to R) (8) \*see styling notes\*

## [9-16] HEEL GRIND ¼ TURN LEFT, COASTER STEP, ROCK RECOVER, SHUFFLE ½ TURN RIGHT

1-2            Touch L heel forward (1), twist/grind heel ¼ turn L & step R back (2) (12:00)  
3&4           Step L back (3), step R next to L (&), step L forward (4)  
5-6            Rock R forward (5), recover weight to L (6)  
7&8           Turn ½ R & step R forward (7), step L next to R (&), step R forward (8) (6:00)

## [17-24] STEP, ½ TURN HITCH, ½ TURN STEP, HITCH, ROCK RECOVER, PONY STEP BACK

1-2            Step L forward (1), turn ½ R & hitch R (2) (12:00)  
3-4            Turn ½ R & step R forward (3), hitch L (4) (6:00)  
5-6            Rock L forward (5), recover weight on R (6)  
7&8           Step L back & hitch R knee (7), step R next to L (&), step L back & hitch R knee (8)

## [25-32] REVERSE ROCKING CHAIR, BALL, CROSS, HOLD, BALL CROSS, HOLD

1-4            Rock R back (1), recover weight to L (2), rock R forward (3), recover weight to L (4)  
&5-6          Step R next to L (&), cross L over R (5), hold (6)  
&7-8          Step R to R side (&), cross L over R (7), hold (8)

**STYLING:** During the chorus (on counts 7-8) the lyrics will be singing “then drop it in four-low.” Replace the forward body roll with a drop/squat then back up.

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Last Update: 3 Jan 2025