

# Country Girl Shake

**COPPER** KNOB  
STEPPING SHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Michele Adlam & Maria Hennings Hunt (UK) - April 2011  
音乐: Country Girl (Shake It for Me) - Luke Bryan



## **WALK, WALK, HIP BUMPS, ROCK RECOVER, SHUFFLE ½ TURN LEFT**

1-2      Walk forward RF (right foot), walk forward LF (left foot)  
3&4      Step forward on RF, and bump right hip forwards, back, forwards  
5-6      Rock forward on LF, recover on RF  
7&8      Step LF ¼ turn left, close Rf to LF, step RF ¼ turn left (6:00)

## **WALK, WALK, HIP BUMPS, ROCK RECOVER, CHASSE ¼ TURN LEFT**

1-2      Walk forward RF, walk forward LF  
3&4      Step forward on RF and bump right hip forwards, back, forwards  
5-6      Rock forward on LF, recover on RF  
7&8      Step LF to side turning ¼ to left, close RF to LF, step LF to side (3:00)

## **CROSS ROCK ¼ TURN, MAMBO ½ TURN, FORWARD MAMBO, HIP BUMPS**

1&2      Cross rock RF over L, recover onto LF, turn ¼ to right stepping forward onto RF  
3&4      Rock forward on LF, recover RF, turn ½ turn left stepping forward onto LF (12:00)  
5&6      Rock forward on RF, recover, step back on RF  
7&8      Bump hips forward, back, forward (weight ends on Left)

## **HEEL & HEEL & HEEL GRIND ¼ TURN, COASTER STEP, SHUFFLE FULL TURN RIGHT (or just shuffle)**

1&2&      Right heel forwards, step RF in place, left heel forwards, step LF in place  
3-4      Right heel grind ¼ turn right, recover on LF [3:00]  
5&6      Step back RF, close LF to RF, step RF forwards  
7&8      Turning ½ right, step LF forwards, close RF to LF, turn ½ right stepping LF forwards [3:00]

\* Alternative ending for non-turners – SHUFFLE FORWARD LEFT

Contact: [www.steppingoutlinedancing.co.uk](http://www.steppingoutlinedancing.co.uk) - [www.americanmusicmachine.co.uk](http://www.americanmusicmachine.co.uk)

Contact phone: 078 118 23467

Last Update - 12th March 2015