

Country Girl, Shake It

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Nicky Jackson - August 2011
音乐: Country Girl - Luke Bryan



HIP ROLL, MODIFIED WEAVE, REPEAT

- 1-2 Step out Right with ½ hip roll Right (Modified - step Right foot out to side pushing hip to the right & hold count 2) shifting weight to the Left foot
- 3&4 Cross right behind left, step left to side, cross right over left
- 5-6 Step out Left with ½ hip roll Left (Modified – step Left foot out to the side pushing hip to the left & hold count 6) shifting weight to the Right foot
- 7&8 Cross Left behind Right, step Left to side, cross Left over Right

DOUBLE HIP ROLL ¼ TURN, DOUBLE SIDE SHUFFLE STEP (pushing your Right hip out w/each step)

- 1-4 Making a 1/8 turn Left, stepping on the Right foot circle your hips CCW & repeat completing ¼ turn
- 5&6& Step out Right, step Left next to Right, step out Right, step Left next to Right
- 7&8& Step out Right, step Left next to Right, step out Right, step Left next to Right

STOMP, HOLD, MODIFIED WEAVE, REPEAT

- 1-2 Stomp Right foot slightly forward to Right corner, hold count 2
- 3&4 Cross right behind left, step left to side, cross right over left
- 5-6 Stomp Left foot slightly forward to Left corner, hold count 2
- 7&8 Cross left behind right, step right to side, cross left over right

HIP SHAKES & HIP SWAYS

- 1-2 Step right foot slightly forward to right corner & push hips Right x2
- 3-4 Shift weight to left foot & push hips Left x2
- 5-8 Hip sways RLRL (or you can do 2 body rolls...make it your own!!!) end with weight on Left

REPEAT

BE SURE TO HAVE FUN WITH THIS DANCE & SHAKE IT!!!
