

Country In Me Too

拍數: 32 牆數: 4 級數: Improver
編舞者: Lisa McCammon (USA) - February 2021
音樂: Country In Me - Lauren Alaina



#16 count intro - Clockwise rotation; start weight on L - Written for 66 bpm

NOTE: I wrote this dance at the request of my improver students so they can practice the rolling 8 rhythm and dance along with Country In 3 by Michele, Maddison, and Jo. I've included options so instructors can adjust the steps to suit their students.

BACK/HOOK, STEP-LOCK-STEP, CROSS-SIDE-BEHIND, BEHIND-SIDE-CROSS-BALL-CROSS

- 1 Step back R whilst hooking L over R ankle
- 2a3 Step forward L to slight left diagonal, lock R, step forward L, sweeping R forward
(easier option: step back R on count 1 then do a left coaster for 2a3, including the sweep forward R)
- 4a5 Cross R, step side L, step R back (sweep L back)
- 6a7 Step L behind, step side R, cross L
- a8 Step side R, cross L

SIDE-TOUCH, SIDE-CLOSE-TURN, STEP-TURN-WALK, WALK, ROCK-A-ROCK-A

- a1 Step side R, touch L home (optional styling: turn left knee in, bending knee slightly)
- 2a3 Step side L, close R, turn left $\frac{1}{4}$ [9] stepping forward L
- 4a Step forward R, turn left $\frac{1}{2}$ [3] onto L
- 5-6 Step forward R, L (optional styling during lyrics "pair of jeans," place R hand on R hip, L hand on L hip)
- 7a8a Rock forward R, recover, rock back R, recover (option: two half turns over left shoulder)

STEP/HITCH, BACK, BACK, BEHIND-SIDE-CROSS, SIDE-CLOSE-CROSS-SIDE-BEHIND-SIDE

- 1 Step forward R, hitching L
- 2, 3 Step back L (sweep R back), step back R (sweep L back)
- 4a5 Step L behind, step side R, cross L
- 6a7 Step R to side, close L, cross R (momentum left)
- a8a Step side L, step R behind, step side L

CROSS ROCK, RECOVER-SIDE-CROSS ROCK, RECOVER-SIDE-TOUCH-STEP-TOUCH-STEP-TOUCH, ROCK, RECOVER

- 1, 2a Cross rock R, recover L, step R to side
- 3, 4 Cross rock L, recover R
- a5 Step L to side, touch R home
- a6 Small step R forward to right diagonal, touch L home (body open slightly to left diagonal)
- a7 Small step L forward to left diagonal, touch R home (body open slightly to right diagonal)
- 8a Rock forward R (square to wall), recover L (momentum back)

OPTIONAL ENDING: The last repetition starts facing the back wall.

Dance through the first 8 counts (still facing 6:00), then amend the second 8 as follows.

SIDE-TOUCH, SIDE-CLOSE-TURN, STEP-TURN-CROSS, SIDE-CLOSE-CROSS-SIDE-CROSS

- a1 Step side R, touch L home (styling: turn left knee in, bending knee slightly)
- 2a3 Step side L, close R, turn left $\frac{1}{4}$ [3] stepping forward L
- 4a5 Step forward R, turn left $\frac{1}{4}$ [12] onto L, cross R
- 6a7a8 Step L to side, close R, cross L, step R to side, cross L

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