

Country Girl, Shake Them Hips

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Georgie Mygrant (USA) - September 2023
音樂: Crank It Up - Colt Ford



Intro: 32 Counts (If you start counting at the heavy beat, its 16 counts) 1 Restart at end of wall 4. Do first 16 counts with no ¼ turn, then restart at the beginning!

*1 Tag at end of wall 9 for 4 counts.

Modified Cross Point, R/L

1-4 Step R fwd. Touch L to L side, Step L to R, Touch to L side
5-8 Step L fwd. Touch R to R side, Touch R to L, Touch to R side

Lindy R, Lindy L ¼ R

1-4 Step to R/L/R, Rock back on L, Step fwd. on R
5-8 Step to L/R/L, Rock back on R turning ¼ R, Step on L

Triple Fwd. Step L fwd. Turn ½ R, Triple fwd. Step R fwd. turn ½ L

1&2-3-4 Step fwd. R/L/R, Step L fwd. turning ½ R, Step on R
5&6-7-8 Step L/R/L, Step R fwd. turning ½ L, Step on L

Two Turning Jazz Box's ¼ R

1-4 Step R over L, Step back on L turning ¼ R, Step on R, Step on L
5-8 Step R over L, Step back on L turning ¼ R, Step on R, Step on L

Restart at end of wall 4. Just do the first 2 sections with no ¼ turn. Then restart at the beginning

*Tag at end of wall 9

1-4 Step fwd. R, Step back on L, Step back on R, Return fwd. on L

That's it! A catchy tune for a fun routine. If you don't want to do the ½ turns in section 3, just do the R/L/R/triples, step L fwd. Step R back, Triple back L/R/L, Step R back, Step L fwd. Easier for beginners, then when they learn the steps, you can teach them the turns.

Please let me know if you like it! But, do not alter routine without my permission.

Thank you, Georgie mygeo@adamswells.com or mygrantg@gmail.com