

# Keep It Country

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Anette C. Holtet (NOR) & Mona Fjeldberg (NOR)  
音樂: Put Some Drive In Your Country - Travis Tritt



1st place in Norwegian Country Western Dance Championship 2003

## HEEL SWITCHES, SWIVEL, CHASSE, STEP, FULL TURN RIGHT

1&2      Touch right heel forward, step right next to left, touch left heel forward  
&3      Step left next to right, touch right toe forward  
&4      Twist both heels to right, twist heels back to center  
5&6      Step right to right, step left next to right, step right to right  
7-8      Cross left in front of right, make a full turn (12:00)

## HEEL SWITCHES, SWIVEL, CHASSE, STEP, ¾ TURN LEFT

1&2      Touch left heel forward, step left next to right, touch right heel forward  
&3      Step right next to left, touch left toe forward  
&4      Twist both heels left, twist heels back to center  
5&6      Step left to left, step right next to left, step left to left  
7-8      Cross right in front of left, turn ¾ to right (3:00)

## KICK, BACK-BACK, STEP, CROSS, CROSSING HEEL JACKS, TOUCH, TURN ½ LEFT

1&2      Kick right forward, step right back, step left back  
&3      Step right slightly back, cross left in front of right  
&4      Step right slightly back, touch left heel diagonal to left  
&5      Step left slightly back, cross right in front of left  
&6      Step left slightly back, touch right heel diagonal to right  
7-8      Touch right toe back, turn ½ right (9:00)

## TOUCHES, CROSSES WITH HEAD AND ARM MOVEMENTS

1-2      Touch left toe to left, cross left in front of right  
3-4      Touch right toe to right, cross right in front of left  
5-6      Touch left toe to left, cross left in front of right  
7-8      Touch right toe to right, touch right next to left

## REPEAT

## HEAD AND ARM MOVEMENTS

1      No head or arm movements  
2&3      Pretend to grab something in front of you with right arm, pull it to you, then stretch right arm out to right side and turn your head sharply to right  
4-5      Pretend to grab something in front of you with left arm, pull it to you, then stretch left arm out to left side and turn your head sharply to left  
6-7      Pretend to grab something in front of you with right arm, pull it to you, then stretch right arm out to right side and turn your head sharply to right  
8      No head or arm movements