

Country Girl Shake

COPPER KNOB
STEPPING SHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Michele Adlam & Maria Hennings Hunt (UK) - April 2011
音樂: 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 - www.americanmusicmachine.co.uk

Contact phone: 078 118 23467

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