Country Girl Shake

Count: 32  Wall: 4  Level: Improver
Choreographer: Michele Adlam & Maria Hennings Hunt (April 2011)
Music: Country Girl (Shake it for Me) by 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 RF to side turning ¼ to left, close LF to RF, step RF 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

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