

All I Need Is Tennessee

Count: 32

Wall: 2

Level: Beginner

Choreographer: Christopher DeMazi (USA) - July 2026

Music: Tennessee - Chris Galmon



Starts on lyrics – After the musical intro of 16 counts and 16 counts after the drums kick in. (Total: 32 counts)

TAG - 16 Count TAG at 2:34 after the 7th wall – otherwise, repeat 32 counts

NOTE: The Base and Advanced Versions can coexist on the dance floor. The footwork, timing, and positions are essentially the same, but the advanced version adds additional techniques and movements.

See the video tutorial by the choreographer for more details and ideas.

BASE VERSION:

START POSITION – Start with your back to the largest audience area, regardless of where the DJ is positioned.

INTRO – Musical intro (16 counts, no beat) – Hold still until the beat starts.

Drums intro (16 counts, with beat) – Subtle motions. Turn a 1/2 turn to the Left to face the audience on “5678” and start the dance.

SET 1 – Heels Forward

- 1 – Right heel forward
- 2 – Left heel forward
- 3 – Right heel forward
- 4 – Snap Right fingers to Right
- 5-8 – Repeat for other side

SET 2 – Left 1/4 Turn, 2 beat walks, 1 beat walks

- & – Step Left next to Right
- 1 – Turn 1/4 turn right lifting Right knee and step onto Right foot
- 2 – Step Left together next to Right
- 3 – Lift Right foot
- 4 – Step Right foot slightly forward
- 5-6 – Repeat for Left foot
- 7 – Walk Forward Right
- 8 – Walk forward Left

SET 3 – Quarter and Half Turns Left, Out Steps

- &- Step Right next to Left
- 1 – Step back onto Left
- 2 – Turn 1/4 turn to Left stepping Right together with Left
- 3 – Step Left Back 1/2 turn to Left (6:00)
- 4 – Touch Right next to Left
- 5 – Step Right out to Right (OR push toe to Right)
- 6 – Step Left out to Left (OR push toe to Left)
- 7 – Lift and replace Right
- 8 – Lift and replace Left

SET 4 – Hook Weaves, March and Heel Out, In

- 1 – Hook Right behind Left
- & – Left to left side
- 2 – Hook Right behind left
- 3&4 – repeat for other side (Left ,Right ,Left)
- 5 – Step Right next to Left

- 6 – Step Left together with Right
- 7 – Hold
- & – Fan Left heel out to Left
- 8 – Return to feet together (can add clap or snaps)

TAG: 16 COUNT TAG - BASE VERSION:

You can basically freestyle this however you want as long as you stay facing the same wall.

Here is a suggestion:

- 1-8 – Use Set 1 (heels forward with snaps)
- 9-10 – Step Right to Right, Step Left to Left
- 11-12 – Push chest forward x2
- 13-16 – Stomp feet really fast to the beat.

ADVANCED VERSION:

NOTE: I like to use the Base Version during mellow parts and the Advanced Version in more intense parts. I tend to use this pattern (B = Base, A = Advanced): **INTRO – B – A – A – B – A – A – B – TAG – A – A – A**

INTRO – ADVANCED

START - Back to audience, hands down to sides, head down.

16 counts, NO BEAT – Do not move. Can move fingers a bit. Lift head before beat starts on last 4 count. (counts 13-16)

16 counts, WITH BEAT –

- 1 – 2 – Hold, Pop Right
- 3 – 4 – Hold, Pop Left
- 5 – 6 – Pop Right, Left
- 7&8 – Pop Right x3
- 9-12 – Step Left to Left, Right Together, Step Left to Left, Right Together
- 13-14 – Step Left turning 1/4 turn Left (lift from hip), Right Together
- 15-16 – Repeat 13-14 (now facing FRONT, head should be the last to turn)

SET 1 – Chicago Heel Grinds

- 1 – Right heel forward grind to right (move slightly to Right)
- &a – Replace weight back to Left, Right Together with Left
- 2 – Left heel forward grind to left (move slightly to Left)
- &a – Replace weight back to Right, Left Together with Right
- 3 – Right heel forward grind to right (move slightly to Right)
- & – Scoot Left foot to right on toe swinging heel to Right to catch up to Right foot
- 4 – Right heel forward grind to right
- &a – Replace weight back to Left, Right Together with Left
- 5-8 – Repeat 1-4 for the other side (5-Left, 6-Right, 7-Left, 8-Left)

SET 2 – Knee roll turn, 2 Count Walks, Normal Walks

- & – Bring Right next to Left foot
- 1 – Roll Right knee in a circle while turning 1/4 turn to Right
- & – then follow with Left knee
- 2 – Roll body UP after you roll knees for a fluid effect

NOTE for 1&2 – Rolls Knees, Hips, Chest, Head is last to turn.

- 3&4 – 3-Lift Right heel off floor, &-lift Right foot off floor, 4 – Small step forward on Right foot (Staccato)
- 5&6 – Repeat 3&4 but for Left foot
- 7 – Walk Forward Right
- 8 – Walk Forward Left

SET 3 – Half Circle Glide, Toe presses, Pops

- & – Press Right toe into floor next to Left foot
- 1 – Push body back onto Left foot
- 2 – Turn 1/4 turn to Left, bringing Right Together with glide technique (12:00)
- & – Press Right toe into floor next to Left
- 3 – Push body back to Left (toward 6:00)
- 4 – Turn 1/2 turn to Left with glide technique (6:00)
- 5 – Press Right toe to Right (keep heel off floor)
- 6 – Press Left toe to Left (keep heel off floor)
- 7 – Rotate body to Right with NO steps, pop Right forearm UP
- 8 – Repeat 7, but to Left side with Left forearm UP

SET 4 – House Roger Rabbit, Turn, MJ arm and Left snap roll

- 1 – Hook Right behind Left swiveling to Right, also rotate Right hand palm down with Right elbow UP, simultaneously rotating Left hand palm UP with Left elbow down
- & – Left to left side swiveling to Left, Switch hands and elbows
- 2 – Hook Right behind left swiveling to Right, Switch hands and elbows again
- & – Lift and bring the Left foot around to back of Right, but do not step on Left until count 3
- 3&4& – Repeat for other side (Left ,Right ,Left – moving to RIGHT)
- 5 – Hook Right behind Left, keep hands out to sides with palms UP during turn also
- 6 – Full turn to Right, end feet together, snap hands to sides at the very end of the beat
- 7 (First 32nd note) – Right hand to Left shoulder – (Second 32nd note) – Right hand to Right shoulder
- 0 e (16th note) – Right hand down at right side
- & – Flick out Left heel to Left keeping toes together
- 0a – Snap Left heel back onto Right heel
- 8 – Let the heel snapping momentum and energy roll up your Right leg to your Right shoulder – this motion leads you into the first count and step of the next wall

OUTRO - ADVANCED VERSION:

- 1 – Lunge to Right on Right Toe press (heel off the floor) following the motion with a Right arm wave to Right side. This may go longer than 1 count and trail out softly, but hold the pose at the end.

TAG: 16 COUNT TAG - ADVANCED VERSION:

WALL 7 BEFORE TAG:

SET 1 – Same

SET 2 – Same

SET 3 – 1-6 is the same, then 7- hit Right thigh with Right fist and bend Right knee IN to start “Matrix” down. 8-Pop Right Arm

SET 4 – 1-2- Pop Left arm, 3-4- Pop Right arm continuing down, 5-8- Drag Left toward Right while coming back up with “one” Right index finger UP.

TAG (after the modified wall 7):

- 1– Cross Right over Left
- 2 – Turn full turn to Left unwinding, end throwing hands to sides after the turn is complete
- 3-8 – Tick wave from Right hand to Left hand, down to Left foot, up right leg into Right hand up still to side
- 9 – Step Right to Right with Right arm diagonally down to side
- 10 – Step Left to Left with Left arm diagonally down to side, chest pushed forward (prepped for shoulder pop)
- 11-12 – Pop shoulders forward (chest will go concave on pops) x2
- 13-16 – Heel taps (lift and lower heels), do this really fast on the drums

NOTE:

This song came from a very deep dive into about 2,500 “YeeDM” songs. As soon as I heard it, I knew I had to do something with it.

I hope you enjoy this dance!

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