



## Country Girl Shake

**Chorégraphe:** Michele Adlam & Maria Hennings Hunt

**Description:** 32 comptes, 4 murs, Novice

**Musique:** **Country Girl** (*Shake It For Me*) **Luke Bryan**

**Intro:** 32 comptes

### **WALK, WALK, HIP BUMPS, ROCK RECOVER, SHUFFLE TURN ½ LEFT**

- 1-2 Marche PD devant, Marche PG devant
- 3&4 PD devant et Bumps (x3) devant, derrière, devant
- 5-6 Rock step PG devant, retour Pdc sur PD
- 7&8 ½ tour à Gauche Pas chassé PG (G,D,G) (6h)

### **WALK, WALK, HIP BUMPS, ROCK RECOVER, CHASSE TURN ¼ LEFT**

- 1-2 Marche PD devant, Marche PG devant
- 3&4 PD devant et Bumps (x3) devant, derrière, devant
- 5-6 Rock step PG devant, retour Pdc sur PD
- 7&8 ¼ tour à Gauche Pas chassé PG (G,D,G) (3h)

### **CROSS ROCK ¼ TURN, MAMBO ½ TURN, FORWARD MAMBO, HIP BUMPS**

- 1&2 Croise PD devant PG, retour Pdc sur PG, ¼ tour à Droite et PD à D
- 3&4 Rock mambo PG devant, retour Pdc sur PD, ½ tour à Gauche PG à G (12h)
- 5&6 Rock mambo PD devant, retour Pdc sur PG, Recule PD derrière
- 7&8 Bumps x3 (devant, derrière, devant) finir Pdc sur PG

### **HEEL & HEEL & HEEL GRIND ¼ TURN, COASTER STEP, SHUFFLE FULL TURN RIGHT (OR JUST SHUFFLE)**

- 1&2 Talon PD devant, Rassemble PD, Talon PG devant, Rassemble PG
- 3-4 Talon PD devant, Pivote le PD en ¼ tour à D
- 5&6 PD derrière, Rassemble PG, PD devant
- 7&8 ½ tour à D PG devant, Rassemble PD, ½ tour à D PG devant  
(Option + facile : Pas chassé PG devant)

\*\*\*Recommencez et Amusez-vous !\*\*\*

## Country Girl Shake

Choreographed by Michele Adlam & Maria Hennings Hunt

Description: 32 count, 4 wall, beginner/intermediate social cha line dance

Music: **Country Girl (Shake It For Me)** by Luke Bryan

Start dancing on lyrics

### WALK, WALK, HIP BUMPS, ROCK RECOVER, SHUFFLE TURN ½ LEFT

1-2 Step right forward (right), step left forward (left)

3&4 Step right forward, and bump right hip forward, back, forward

5-6 Rock left forward, recover to right

7&8 Step left turn ¼ left, step right together, step right turn ¼ left (6:00)

### WALK, WALK, HIP BUMPS, ROCK RECOVER, CHASSE TURN ¼ LEFT

1-2 Step right forward, step left forward

3&4 Step right forward and bump right hip forward, back, forward

5-6 Rock left forward, recover to right

7&8 Step right to side turning ¼ to left, step left together, step right to side (3:00)

### CROSS ROCK ¼ TURN, MAMBO ½ TURN, FORWARD MAMBO, HIP BUMPS

1&2 Cross/rock right over left, recover right, turn ¼ right and step to right

3&4 Rock left forward, recover right turn ½ left and step to left (12:00)

5&6 Rock right forward, recover, step right back

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 forward, step right in place, left heel forward, step left in place

3-4 Right heel grind turn ¼ right, recover to left

5&6 Step right back, step left together, step right forward

7&8 Turning ½ right, step left forward, step right together, turn ½ right and step left forward

Alternative ending for non-turners: shuffle forward left

REPEAT