

# AB Sally's Mantra (aka Beer Can't Fix)



Count: 32

Wall: 1

Level: Absolute Beginner

Choreographer: Janet Cummings – USA – June 2019

Music: Beer Can't Fix - Thomas Rhett (Feat Jon Pardi) BPM: 113



**Intro: 32 Count - No Tags or Restarts**

**SECTION 1: STEP R TO RIGHT WITH A DIP, FLARE L TOES; DIP WHILE CENTERING AND DROPPING L TOES, FLARE R TOES, VINE RIGHT**

- 1, 2 : Dip (Bending Knees), Stepping R to Right, Flare L Toes to Left While Straightening
- 3, 4 : Dip (Bend knees) While Dropping L Toes to Center, Flare R Toes Out to Right While Straightening
- 5, 6, 7, 8 : Center and Drop R Toes, L Step Behind, R Step to Right, L Touch

**SECTION 2: STEP L TO LEFT WITH A DIP, FLARE R TOES; DIP WHILE CENTERING AND DROPPING R TOES, FLARE L TOES, VINE LEFT**

- 1, 2 ; Dip (Bend Knees) While Stepping L to Left, Flare R Toes to Right While Straightening
- 3, 4 : Dip (Bend Knees) While Dropping R Toes to Center, Flare L Toes to Right While Straightening
- 5, 6, 7, 8 : Center and Drop L Toes, R Step Behind, L Step to Left, R Touch

**NOTE: Sections 1 and 2 appear complicated in writing, but are relatively easy when you see the video.**

**SECTION 3: FORWARD STEP, LOCK, STEP, TAP TOE BEHIND; BACK STEP, LOCK, STEP, TOUCH**

- 1, 2, 3, 4 : R Step Forward, L Close Behind, R Step Forward, Tap L Toe Behind
- 5, 6, 7, 8 : L Step Back, Step R Close In Front, L Step Back, R Touch

**NOTE: If desired, you can do a Step, Slide, Step, Tap/Touch Forward and Back instead of a Lock**

**SECTION 4: TRI ROCKER, STOMP, STOMP**

- 1, 2, 3, 4 : R Rock Forward, L Recover; R Rock to Side, L Recover
- 5, 6, 7, 8 : R Rock Back, L Recover, R Stomp, L Stomp

**New Steps Covered in this dance: Dips, Flares, Locks (Forward & Back), Tri Rocker; Great job guys. Remember to fully enjoy the "Line Dance Experience" follow floor etiquette. Ask your instructor for a copy of the rules. Thanks for checking in, see you soon!**

**Studies show that Dance enhances Physical and Mental health! May God be with us as we move forward step by step.**

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