



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, 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 Triple in place turning ½ left stepping left, right, 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