

# 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  
(Dance starts with lyrics, on beat 33)

---

## **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 forward [3:00]

**\* Alternative ending for non-turners – SHUFFLE FORWARD LEFT**

**Contact:** [www.stepsoutlinedancing.co.uk](http://www.stepsoutlinedancing.co.uk) - [www.americanmusicmachine.co.uk](http://www.americanmusicmachine.co.uk)

**Contact phone:** 078 118 23467