

Country in 3



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Choreographer: Michele Burton, Maddison Glover & Jo Thompson Szymanski

Count: 32

Wall: 4

Level: Intermediate

Intro: 16 counts

Music: "Country In Me" by Lauren Alaina

Section 1: BACK/Drag, BACK, 1/2 TURN R, FORWARD 1/2 TURN R WITH HITCH, FORWARD, SIDE ROCK, RECOVER, FORWARD ROCK, RECOVER, BACK, COLLECT/HIPS BACK, FORWARD

- 1-2a Large step back on R allowing L to drag (1); Step L back (2); Turn 1/2 right stepping R forward (a) 6:00
- 3 Step L forward and turn 1/2 right hitching R knee up keeping R foot close to L leg 12:00
- Note: Count 3 should be done as one smooth movement.**
- 4a5 Step R forward (4); Rock ball of L to left (a); Angle body slightly right recovering to R (5) 1:30
- 6&a7 Rock L forward (6); Recover back onto R (&); Step L back (a); Step R beside L pushing hips back (7)
- 8 Step L forward 1:30

Section 2: SIDE, POINT, BALL, CROSS, SIDE, POINT, BALL CROSS, 1/4 TURN L, BACK ROCK, RECOVER, 3/4 TURN R

- a1 Square up to 12:00 stepping R to right (a); Point L forward to left diagonal (1) 12:00
- a2a3 Step ball of L slightly back (a); Cross R over L (2); Step L to left (a) Point R forward to right diagonal (3)
- a4 Step ball of R slightly back (a); Cross L over R (4)
- a5-6 Turn 1/4 left stepping R back (a); Rock L back (5); Recover forward onto R (6) 9:00
- a7 Step ball of L forward (a) Turn 1/2 right stepping R forward (7) 3:00
- a8 Step ball of L forward (a) Turn 1/4 right stepping R forward (8) 6:00

Note: Counts a7a8 can be rounded out into a smooth 3/4 turn.

Section 3: FORWARD, FORWARD/HITCH, BACK/SWEEP, BACK/SWEEP, BEHIND, SIDE, CROSS ROCK, RECOVER, WEAVE LEFT (SIDE, CROSS, SIDE, BEHIND)

- a1 Step L forward (a); Step R forward hitching L knee up keeping L foot close to R leg (1)
- 2-3 Step L back sweeping R toe out/back (2); Step R back sweeping L toe out/back (3)
- 4a Step L behind R (4); Step R to right (a)
- 5-6 Cross rock L over R (5); Recover back onto R (6)
- a7a8 Step L to left (a); Cross R over L (7); Step L to left (a); Step R behind L (8) 6:00

Section 4: SIDE, TOUCH, 1/4 TURN R/POINT, & POINT, & POINT, & FORWARD ROCK, RECOVER, BACK, 1/2 TURN L, FORWARD, TOGETHER

- a1 Step L to left (a); Touch R beside L (1)
- a2a3 Turn 1/4 right stepping R forward (a); Point L to left (2); Step L beside R (a); Point R to right (3) 9:00
- a4 Step R slightly back (a) Point L forward (4)
- a5-6 Step L beside R (a); Rock R forward (5); Recover to L (6)
- Styling: As you rock forward on R, bend knees slightly and sway hips forward into right diagonal or do a body roll, etc...add your styling!!.**
- 7a8a Step R back (7); Turn 1/2 left stepping L forward (a); Step R forward (8); Step L beside R (a) 3:00

Begin Again

NO RESTARTS OR TAGS

Ending: The last repetition of the dance starts at 6:00 and will end facing 12:00 on count 16.

