



# 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 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**