

# 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

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## **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 forwards  
                 [3:00]

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

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