

Up Country

I was working in Spain when I first taught this dance, the sun was shining, it was a red hot day. The dance (then) was a big hit for me and everyone seemed to remember it when we danced it again in the evening. It's a great Country track and an easy dance to go with it. I was working in Scotland recently where I was asked to recap it... But unfortunately I couldn't even remember the first step. (I do now though)

4 WALL - 32 COUNTS - IMPROVER

Steps	Actual Footwork	Calling Suggestion	Direction
Section 1	Mambo Forward, Back Lock Step, 1/2 Turn x 2, Coaster Step.		
1 & 2	Rock forward on right. Recover onto left. Step right beside left	Right Mambo	Forward
3 & 4	Step back on left. Lock step right across left. Step back on left	Step Lock Step	Back
5 - 6	Turn 1/2 right stepping forward on right. Turn 1/2 right stepping back on left.	Turn Turn	Turning right
7 & 8	Step back on right. Step left beside right. Step forward on right.	Coaster Step	On the spot
Section 2	Walk Forward x 2, Side Rock, Cross, Side, Together, Chasse Right.		
1 - 2	Walk forward - Left, Right.	Left Right	Forward
3 & 4	Rock left to left side. Recover onto right. Cross left over right	Side Rock Cross	On the spot
5 - 6	Long step right to right side. Slide left beside right. (Weight on Left)	Side Together	Right
7 & 8	Step right to right side. Close left beside right. Step right to right side.	Chasse	
Section 3	Cross Rock, 1/4 Turn, 1/2 Turn, Back, Shuffle 1/2 Turn, Step, Pivot 1/2 Turn		
1 & 2	Cross rock left over right. Recover onto right. Turn 1/4 left stepping forward on left.	Cross Rock Turn	Turning left
3 - 4	On ball of left turn 1/2 left stepping back on right. Step back on left	Turn Step	Turning left
5 & 6	Shuffle back stepping Right. Left. Right making 1/2 turn right	Shuffle Turn	Turning right
7 - 8	Step forward on left. Pivot 1/2 turn right. (Weight on Right) (3 o'clock)	Step Pivot	
Section 4	Side Rock, Cross (Left & Right), Side, Together, Shuffle Forward.		
1 & 2	Rock left to left side. Recover onto right. Cross left over right.	Side Rock Cross	On the spot
3 & 4	Rock right to right side. Recover onto left. Cross right over Left.	Side Rock Cross	On the spot
5 - 6	Long step left to left side. Slide right beside left. (Weight on right)	Side Together	Left
7 & 8	Shuffle forward stepping Left, Right, Left	Left Shuffle	Forward

Choreographed by:

Robbie McGowan Hickie
UK
March 2004

Choreographed to:

Let's Put the Western Back
In The Country by Joni Harms (98/196 bpm - Script written as 98 bpm also available as a download from itunes and amazon.co.uk) (16 count intro)