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Just For My Country Girls

32 Count, 4 Wall, Improver

Choreographer: Julian Van Gouthen (FR) Sept 2016

Choreographed to: Just A Girl by Lady Antebellum

Section 1

Swivels, Walk Forward, Full Turn, Rocking Chair

- 1& Swivel left heel to the left and right toe to the right, return to center
2& Swivel left toe to the left and right heel to the right, return to center
3-4 Right step forward, left step forward
5-6 Make ½ turn left stepping right foot behind, then ½ turn left stepping left foot forward.
7& (jumping) right cross rock in front of left, lifting left heel, replace weight on left.
8& (jumping) right rock step back, low kick forward left and replace weight on left.

Section 2

Rocking Chair, Step ½ Turn, Rocking Chair, Stomps

- 1& (jumping) right cross rock in front of left lifting left heel, and replace weight on left.
2& (jumping) right rock step back, low kick forward left foot and replace weight on left.
3-4 Step right forward pivot ½ turn to left
5& (jumping) right cross rock in front of left lifting left heel, and replace weight on left.
6& (jumping) right rock step back, low kick forward left foot and replace weight on left.
7-8 Stomp right foot forward, stomp left foot forward.

Restart: During the 3rd wall, dance up to here and restart.

Section 3

Heel Switches, Toe Touches, Rolling Vine, Scuff, Heels Out-Out, In In

- 1&2& Touch right heel forward and step right beside left, touch left heel forward and step left beside right
3& Touch right toe beside left foot (right knee turned towards left knee), and replace right foot next to left
4 Touch left toe beside right foot (left knee turned toward right knee)
5&6& Make ¼ turn to left stepping left, ½ turn to left stepping right, ¼ turn to left stepping left, scuff right
7& Step diagonally forward on right heel, step diagonally forward on left heel.
8& Step right foot back to center, step left foot back to center.

Section 4

Heel Grind ¼ Turn Right, Rock Step, Stomp, Cross, Unwind ½ Turn, Stomps

- 1-2 Right heel forward, pivot ¼ turn right on heel take weight on left
3&4 (jumping) right rock step back, return to left, stomp up right foot.
5-6 Step right behind left, unwind ½ turn to right with weight on left foot.
7-8 Stomp right, stomp left.

Tags:

At the end of walls 2, 5, and 9 facing 6:00 add 4 counts as follows and Restart the dance:

Rocking Chair, Stomps

- 1& (jumping) right cross rock in front of left lifting left heel, and replace weight on left.
2& (jumping) right rock step back, low kick forward left foot and replace weight on left.
3-4 Stomp right, stomp left