

Country Girl Twerk

32 Count, 4 Wall, Improver

Choreographer: Jamie Marshall (01/2017)

Choreographed to: "Country Girl Twerk"

by Cypress-Spring-Denim

#32 Ct Intro (Dance 3x, Bonus, Dance 3x, Bonus, Dance rest of way)

A. Jump Up, Hold, Jump Back, Hold, Sailors

- &1,2 Jump forward R (&), L (1), (feet apart), Hold (2)
- &3,4 Jump back R (&), L (3), (feet apart), Hold (4)
- 5&6 Cross R behind L (5), Step L to L (&), Step R to R (6)
- 7&8 Cross L behind R (7), Step R to R (&), Step L to L (8)

B. Step, Twist, Step, Twist, Step, Behind, ¼ Triple

- &1,2 Step R to R, twisting knees to R (&), Touch L next to R (1), Twist knees to L, taking weight (2)
- &3,4& Step R to R, twisting knees to R (&), Touch L next to R (3), Twist knees to L (4), Switch weight to R (&)
- 5,6 Step L to L (5), Cross R behind L (6)
- 7&8 Turn ¼ L, stepping L forward (7), Step R next to L (&), Step L forward (8)

C. Rock, Recover, R Coaster, Step, ½ Pivot, Forward Triple

- 1,2 Rock R forward (1), Recover onto L (2)
- 3&4 Step R back (3), Step L next to R (&), Step R forward (4)
- 5,6 Step L forward (5), Pivot ½ R, stepping R in place (6)
- 7&8 Step L forward (7), Step R next to L (&), Step L forward (8)

D. Step Knee Rolls, Hip Bumps R, Back, L, Center

- 1,2 Touch R toe to R, lifting R hip (1), Roll knee outward to R as press heel to floor, lowering R hip (2)
- 3,4 Touch L toe to L, lifting L hip (3), Roll knee outward to L as press heel to floor, lowering L hip (4)
- 5,6 Bump hips to R (5), Bump hips back (6)
- 7,8 Bump hips to L (7), Bump hips to center (8) (weight on L)

Bonus – Optional Twerking Instead Of C-Bumps – ¼ Jazz Triangle (8 counts danced 4 times (making full circle))

- 1& Touch R forward, and bump hips R (1), L (&)
- 2& Touch R back and bump hips R (2), L (&)
- 3& Touch R forward, and bump hips R (3), L (&)
- 4& Touch R back and bump hips R (4), L (&)
- 5,6 Cross R over L (5), Step L back (6)
- 7,8 Turn ¼ R, stepping R to R (7), Step L next to R (8)