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Heart Pumping Country Song

32 Count, 4 Wall, Intermediate

Choreographer: Donna Manning & Candee Seger

Choreographed to: High on a Country Song by Sam Riggs

NO tags or restarts – 32 count intro

- S1 Stomp 2x R-L, Hitch Or Kick R, Step, Point, Sailor Step, Tuck, Unwind**
1,2,3&4: Stomp 2x R-L taking weight, Hitch R knee (or kick R fwd) (3), step down on R (&), point L to L (4)
5&6,7,8: Step L behind R, Step R to R side, Recover weight to L, tuck ball of R behind L, FULL unwind over R shoulder keeping weight on L (12:00)
- S2 Knee Pops, Mambo, Rock, Drag, Ball - Walk L**
1,2: Stepping on RF pop L knee, stepping on LF, pop R knee
3&4: Press R forward, recover L, step slightly back with R
5,6-7: Step L back (5) dragging R back through 6-7
&8: Step down in ball of R, Walk forward L (12:00)
- S3 1/4 R, L Heel Jack, Hold, Ball, Touch, Step, Heel, Step, Kick, Out, Out**
1,2&3-4 Step R to R turning 1/4 L (1), step L behind R (2), Step onto RF (&), present L heel to L diagonal (3), hold (4)
&5&6: Step on L (&), touch R toe next to LF (5), step on RF (&), present L heel (6)
&7&8: Step on L (&), kick R forward (7), step R out to R (&), step L to L taking weight (8) (9:00)
- S4 Behind, 1/4 Triple L, Press, Recover, 1/2 Turn R, 1/4 Turn R, Hitch (or Pause)**
1, 2&3 R behind L, making 1/4 turn L step L fwd, bring instep of R to L, step L fwd (6:00)
4,5,6 Press R fwd (allow body to turn to 4:30 to help build torque), recover to L (let head and R shoulder lead to help 1/2 turn), 1/2 turn R stepping R fwd (12:00)
7-8 Continue another 1/4 turn R stepping L to L side (3:00) taking weight, small hitch 8 OR pause (different parts of the music will lead you to either choice – feel it (3:00))

END OF DANCE! - HAVE FUN!
