



My Country and Me

96 Count, 4 Wall, Intermediate
Choreographer: Flat Guo, Hua Dong, Yan Zhang and
Jing Xin (CN) Jun 2019
Choreographed to: My Country and Me by
Meng Zhi Lv Vocal Band

#54 count intro to start on lyrics

Dance Sequences: 96 96* T 96 48 T 96 48 T 81

S1 Left Cross, Right Sweep, Right Cross, Left Sweep

1-2-3 1) Cross L over R; 2-3) Sweep R from back to front.
4-5-6 4) Cross R over L; 5-6) Sweep L from back to front. [12:00]

S2 Left Balance, Right Balance

1-2-3 1) Step L forward; 2) Step R drag to L; 3) Step R beside L;
4-5-6 4) Step R back; 2) Step L drag to R; 3) Step L beside R; [12:00]

S3 Left Back, Right Hook, Right Forward, Left Sweep ¼ R Turn

1-2-3 1) Step L back; 2-3) Hook R in front of the L;
4-5-6 4) Step R forward; 5-6) Turn ¼ right sweeping L forward; [3:00]

S4 Left Cross, ¼ L Right Back, Left Back, Right Back, ½ L Left Forward; Right Forward

1-2-3 1) Cross L over R; 2) Turn ¼ left stepping R back; [12:00] 3) Step L back;
4-5-6 4) Step R back; 5) Turn ½ left stepping L forward; 6) step L forward; [6:00]

S5 Left Cross, Hold, Hold, Big Step, Drag, Hold

1-2-3 1) Cross L over R; [7:30] 2-3) Hold
a4-5-6 (a) Recover on R, 4) Big step L to left side; 5) Step R drag to L; 6) Hold; [6:00]

S6 Right Cross Hold, Hold, Big Step, Drag, Hold

1-2-3 1) Cross R over L; [4:30] 2-3) Hold;
a4-5-6 (a) Recover on L, 4) Big step R to right side; 5) Step L drag to R; 6) Hold; [6:00]

S7 Modern Monterey Turn

1-2-3 1) Cross L over R; 2) Point R to R side; 3) Hold;
4-5-6 4) Turn ½ right as step R beside L 5) Point L to L side; 6) Hold; [12:00]

S8 ½ Pencil Turn. Back x2

1-2-3 1) Step L forward; 2-3) Turn ½ left as touch R beside to L; [6:00]
4-5-6 4) Step R back; 5-6) Turn ½ left as touch L beside to R; [12:00]

S9 Charleston Kick

1-2-3 1) Step L forward; 2-3) Kick right forward; [12:00]
4-5-6 4) Step R back; 5-6) Point L back; [12:00]

S10 1 ¼ Left Spiral Turn, Left Big Step, Left Drag

1-2-3 1) Turn ½ left as left forward [6:00]; 2-3) Right forward as ¾ spiral turn [9:00];
4-5-6 4) Left big step; 5-6) Drag R to L, Touch R beside L; [9:00]

S11 Right Spiral Full Turn, Right Big Step, Left Drag

1-2-3 1) Turn ¼ right as right forward; [12:00] 2-3) Left forward as ¾ spiral turn; [9:00]
4-5-6 4) Right big step to R; 5-6) Drag L to R, Touch L beside R; [9:00]

S12 Left Big Step, Right Drag Point, Recover R, Left Big Step, Right Drag Point

1-2-3 1) Left big step to L; 2-3) Drag R to L, Touch R beside L; [9:00]
a4-5-6 (a) Recover R; 4) Left big step; 5-6) Drag R to L, Touch R beside L; [9:00]

S13 Right Cross, Hold, Hold, Recover Left, Right Side, Left Drag

1-2-3 1) Cross R over L; 2-3) Hold, hold [7:30]
a4-5-6 (a) Recover L; 4) Step right side; 5-6) drag Left to R; [9:00]

S14 Left Cross, Right Side, Left Drag, Left Cross, Hold, Hold

1-2-3 1) Cross L behind R; 2) Step R to R, 3) Drag L to R; [9:00]
4-5-6 4) Cross L over R; 5-6) Hold, hold; [10:30]

S15 Recover R, Left Side, Right Drag, Right Cross, Hold, Hold

1-2-3 1) Recover R; 2) Step L side, 3) Drag R to L; [9:00]
4-5-6 4) Cross R over L; 5-6) Hold, hold; [7:30]

S16 ¾ R Spiral Turn, Right Cross, Left Sweep

1-2-3 1) Step L side; 2-3) ¾ R spiral turn weight left; [6:00]
4-5-6 4) Cross R over L; 5-6) Sweep L from back to front; [6:00]

Wall 1 Jump Method;

There Has Change on S16

S16* Left Side, Right Drag ¼ R Turn Forward, Left Sweep

1-2-3 1) Step L to L; 2-3) Drag R to L [9:00]

4-5-6 4) ¼R turn forward; [12:00] 5-6) Sweep L from back to front; [12:00]

Tag 6 Counts Charleston Kick

1-2-3 1) Step L forward; 2-3) Kick right forward;[12:00]

4-5-6 4) Step R back; 5-6) Drag L to back, Point L back;[12:00]



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