

Country Girl Shake

32 Count, 4 Wall, Improver

Choreographer: Michele Adlam & Maria Hennings

Hunt (UK) April 2011

Choreographed to: Girl (Shake It For Me)

by Luke Bryan

WALK, WALK, HIP BUMPS, ROCK RECOVER, SHUFFLE ½ TURN RIGHT

- 1-2 Walk forward RF (right foot), walk forward LF (left foot)
3&4 Step forward on RF, and bump right hip forwards, back, forwards
5-6 Rock forward on LF, recover on RF
7&8 Step LF ¼ turn right, close Rf to LF, step RF ¼ turn left (6:00)

WALK, WALK, HIP BUMPS, ROCK RECOVER, CHASSE ¼ TURN LEFT

- 1-2 Walk forward RF, walk forward LF
3&4 Step forward on RF and bump right hip forwards, back, forwards
5-6 Rock forward on LF, recover on RF
7&8 Step RF to side turning ¼ to left, close LF to RF, step RF to side (3:00)

CROSS ROCK ¼ TURN, MAMBO ½ TURN, FORWARD MAMBO, HIP BUMPS

- 1&2 Cross rock RF over L, recover RF, turn ¼ to right stepping onto RF
3&4 Rock forward on LF, recover RF turn ½ turn left stepping onto LF (12:00)
5&6 Rock forward on RF, recover, step back on RF
7&8 Bump hips forward, back, forward (weight ends on Left)

HEEL & HEEL & HEEL GRIND ¼ TURN, COASTER STEP, SHUFFLE FULL TURN RIGHT

- 1&2& Right heel forwards, step RF in place, left heel forwards, step LF in place
3-4 Right heel grind ¼ turn right, recover on LF
5&6 Step back RF, close LF to RF, step RF forwards
7&8 Turning ½ right, step LF forwards, close RF to LF, turn ½ right stepping LF forwards (or just shuffle)

* Alternative ending for non-turners – SHUFFLE FORWARD LEFT
