

# Country Girl Shake

**COPPER** **KNOB**  
STEPPING SHEETS

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Michele Adlam & Maria Hennings Hunt (UK) - April 2011

**Music:** Country Girl (Shake It for Me) - Luke Bryan



## **WALK, WALK, HIP BUMPS, ROCK RECOVER, SHUFFLE ½ TURN LEFT**

- 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 left, 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 LF to side turning ¼ to left, close RF to LF, step LF to side (3:00)

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

- 1&2 Cross rock RF over L, recover onto LF, turn ¼ to right stepping forward onto RF  
3&4 Rock forward on LF, recover RF, turn ½ turn left stepping forward 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 (or just shuffle)**

- 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 [3:00]  
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 [3:00]

**\* Alternative ending for non-turners – SHUFFLE FORWARD LEFT**

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**Last Update - 12th March 2015**