

# Country Girl Shake

Choreographed by Michele Adlam & Maria Hennings Hunt

**Description:** 32 count, 4 wall, low intermediate social cha line dance

**Musique:** Country Girl (Shake It For Me) by Luke Bryan

**Start dancing on lyrics**

**WALK, WALK, HIP BUMPS, ROCK RECOVER, SHUFFLE TURN  $\frac{1}{2}$  LEFT**

1-2 Step right forward, step left forward  
3&4 Step right forward and bump right hip forward, back, forward  
5-6 Rock left forward, recover to right  
7&8 Triple in place left-right-left turning  $\frac{1}{2}$  left (6:00)

**WALK, WALK, HIP BUMPS, ROCK RECOVER, CHASSE TURN  $\frac{1}{4}$  LEFT**

1-2 Step right forward, step left forward  
3&4 Step right forward and bump right hip forward, back, forward  
5-6 Rock left forward, recover to right  
7&8 Turn  $\frac{1}{4}$  left and chassé side left-right-left (3:00)

**CROSS ROCK  $\frac{1}{4}$  TURN, MAMBO  $\frac{1}{2}$  TURN, FORWARD MAMBO, HIP BUMPS**

1&2 Cross/rock right over, recover to right, turn  $\frac{1}{4}$  right and step right forward  
3&4 Rock left forward, recover to right turn  $\frac{1}{2}$  left and step to left (12:00)  
5&6 Rock right forward, recover to left, step right back  
7&8 Hip forward, back, forward (weight ends on left)

**HEEL & HEEL & HEEL GRIND  $\frac{1}{4}$  TURN, COASTER STEP, SHUFFLE FULL TURN RIGHT (OR JUST SHUFFLE)**

1&2 Touch right heel forward, step right in place, touch left heel forward, step left in place  
3-4 Right heel grind turn  $\frac{1}{4}$  right, recover to left  
5&6 Step right back, step left together, step right forward  
7&8 Turn  $\frac{1}{2}$  right, step left forward, step right together, turn  $\frac{1}{2}$  right and step left forward

**Alternative ending for non-turners: shuffle forward left**

**REPEAT**