

# My Motherland and I

LINEDANCE.COM

**Count:** 96      **Wall:** 2      **Level:** Improver

**Choreographer:** Shen Hong Wei, Yu Guo Ying (April 2015)

**Music:** My Motherland and I by Yin Xiu Mei

## **Intro: 54 counts**

### **[1-6]SWAY RIGHT, CROSS, 1/8 TURN, IN PLACE**

**1-3**      Step R to right side, sway to right (2 counts)

**4-6**      Cross L over R, turn 1/8 right stepping R beside L, Step L in place 1:30

### **[7-12]BACK DRAG,3/4 TURN,1/2 TURN,TOGETHER**

**7-9**      Step R back, drag L towards R(2 counts)

**10-12**    Turn 3/4 left stepping L forward, turn 1/2 left stepping R back, step L together R 12:00

### **[13-18] SWAY LEFT, CROSS, HOLD, 1/8 TURN**

**13-15**    Step L to left side, sway to left (2 counts)

**16-18**    Cross R over L, hold, turn 1/8 left stepping L forward, 10□ 30

### **[19-24]ROCK, HOLD\*2, RECOVER, HOLE\*2**

**19-21**    Step R forward, hold, hold

**22-24**    Recover L, hold, hold

### **[25-30]STEP □ SWEEP, 1/8TURN □ CROSS,1/2TURN, TOGETHER**

**25-27**    Step R forward and sweep L from back to front (3 counts)

**28-30**    Turn 1/8 right and cross L over R, Turn 1/2 right stepping R forward, step L in place 6:00

### **[31-36]FORWARD, HOLD\*2, WALK**

**31-33**    Step R forward, hold, hold

**34-36**    Walk forward L □ R □ L

### **[37-42] STEP □ SWEEP,CROSS,1/4 TURN, TOGETHER**

**37-39**    Step R forward and sweep L from back to front (3 counts)

**40-42**    Cross L over R, turn 1/4 left stepping R back, step L in place 3:00

### **[43-48] ROCK, HOLD\*2, RECOVER, HOLE\*2**

43-45 Step R forward, hold, hold

46-48 Recover L, hold, hold

**✳️RESTART: You will Restart here on the 2nd ,3rd ,5th and tag 1. You will Restart here on the 6th and tag 2**

**[49-54] FORWARD, SWEEP\*2, CROSS, SWEEP\*2**

49-51 Step R forward, sweep L from back to front (2 counts)

52-54 Cross L over R, sweep R from back to front (2 counts)

**[55-60]CROSS, 1/4 TURN, TOGETHER, BACK, HOLD\*2**

55-57 Cross R over L, turn 1/4 right stepping L back, step R together L 6:00

58-60 Step L back, hold, hold

**[61-66]FORWARD, SWEEP\*2, CROSS, SIDE, BEHIND**

61-63 Step R forward, sweep L from back to front (2 counts)

64-66 Cross L over R, step R to right side, step L behind R

**[67-72] SWAY RIGHT, SWAY LEFT**

67-69 Step R to right side, sway to right (2 counts)

70-72 Step L to left side, sway to left (2 counts)

**[73-78]1/4 TURN, 1/2 TURN, 1/2 TURN, FORWARD, HOLD\*2**

73-75 Turn 1/4 right stepping R forward, turn 1/2 right stepping L back, turn 1/2 right stepping R forward 9:00

76-78 Step L forward, hold, hold

**[79-84]BACK, HOLD\*2, BACK, BACK, TOGETHER**

79-81 Step R back, hold, hold

82-84 Walk back L, R, step L beside R

**[85-90] BACK, BACK, TOGETHER,1/4 TURN, ROCK BACK**

85-87 Walk back R, L, step R beside L

88-90 Turn 1/4 left stepping L to left side, rock back R, recover to L 6:00

**[91-96] SWAY RIGHT, CROSS, FULL UNWIND**

91-93 Step R to right side, sway to right (2 counts)

**94-96** Cross L over R, unwind full turn to right (2 counts)

**Tag 1: FORWARD,SWEEP\*2,1/2 TURN RIGHT,CROSS,HOLD**

**1-3** Step R forward, Sweep L from back front(2 counts)

**4-6** Turn 1/2 right, Cross L over R, Hold

**Tag 2: FORWARD □ POINT\*2 □ FORWARD □ POINT\*2 □ STEP,3/4 SPIRAL TURN L**

**1-3** Step R forward, Point L to left side, Hold

**4-6** Step L forward, Point R to right side, Hold

**7-9** Step R forward, Spiral 3/4 turn L(2 counts weight on L)

**✳️RESTARTS: -**

**#1. On the 2nd ,3rd ,5th wall add Tag 1 then Restart.**

**#2. On the 6th wall add Tag 2 then Restart.**

**Contact: zimomengwu@gmail.com**