

**Count:** 40

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Nancy A. Morgan

**Music:** Beer & Bones (Dance Mix) by John Michael Montgomery

## GRIND HEEL, ROCK STEP, GRIND HEEL, ROCK STEP

- 1-2** Put right heel forward as you grind right heel from left (9:00) to right (1:00)
- 3-4** Rock step - rock back on your right foot and forward on your left
- 5-6** Put right heel forward as you grind right heel from left (9:00) to right (1:00)
- 7-8** Rock step - rock back on your right foot and forward on your left

## GRIND HEEL, TOE DOWN, GRIND HEEL, TOE DOWN, MONTEREY TURN

- 1-2** Put right heel forward as you grind heel from left (9:00) to forward (12:00) then drop toe to floor (weight is on right)
- 3-4** Put left heel forward as you grind heel from right (3:00) to forward (12:00) then drop toe to floor (weight is on left)
- 5-6-7-8** Monterey turn - touch right toe out to right side, turn  $\frac{1}{2}$  turn to your right as you put right foot next to your left, touch left toe out to left side, put left foot next to right (weight is on left)

## SIDE SHUFFLE, ROCK STEP, SIDE SHUFFLE, ROCK STEP

- 1&2** Right side shuffle - right, left, right
- 3-4** Rock back on left and forward on right
- 1&2** Left side shuffle - left, right, left
- 3-4** Rock back on right and forward on left

## $\frac{1}{2}$ TURN SHUFFLE, $\frac{1}{2}$ TURN SHUFFLE, FORWARD ROCK, BACK ROCK

- 1&2** As you turn  $\frac{1}{2}$  turn to your left, shuffle back - right, left, right
- 3&4** As you turn  $\frac{1}{2}$  turn to your left, shuffle forward - left, right, left

### Low impact option:

- 1&2** Shuffle forward - right, left, right
- 3&4** Shuffle forward - left, right, left

**5-6** Step forward on right and rock back on left

**7-8** Step back on right and rock forward on left

**½ TURN PIVOT, ¼ TURN PIVOT, STOMP RIGHT, LEFT, QUICKLY HOP BACK, CLAP**

**1-2** Step forward on right, turn ½ turn to your left (weight on left)

**3-4** Step forward on right, turn ¼ turn to your left (weight on left)

**5-6** Stomp right foot forward, stomp left foot forward (shoulder width apart)

**&7-8** Hop quickly back with feet together - step back on right, step left next to right, clap

**REPEAT**