

URBAN COUNTRY

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Count: 56

Wall: 4

Level: intermediate

Choreographer: Shane Alassi-Jones

Music: Hip Square Dance by The Woolpackers

ROCK FORWARD, BACK, SHUFFLE, ROCK BACK, FORWARD, ½ TURN & SHUFFLE

- 1-2 Step forward onto left foot, rock back onto right foot
- 3&4 Shuffle back left-right-left
- 5-6 Step back on right foot, rock forward onto left foot
- 7&8 Turning ½ turn to left shuffle back right-left-right

ROCK BACK, FORWARD & SHUFFLE

- 1-2 Step back onto left foot, rock forward onto right foot
- 3&4 Shuffle forward left-right-left

SIDE ROCK & SAILOR SHUFFLE

- 1-2 Step right foot to right side, replace weight to left foot
- 3&4 Step back onto right foot, step left foot slightly left, replace weight to right foot

SAILOR SHUFFLE X 3, ROCK BACK, FORWARD

- 1&2 Step back on left foot, step right foot slightly right, replace weight to left foot
- 3&4 Step back on right foot, step left foot slightly left, replace weight to right foot
- 5&6 Step back on left foot, step right foot slightly right, replace weight to left foot
- 7-8 Step back on right foot, rock forward onto left foot

SHUFFLE RIGHT, ROCK BACK, FORWARD, SHUFFLE LEFT, FULL TURN

- 1&2 Shuffle to right stepping right-left-right
- 3-4 Step back on left foot, rock forward onto right
- 5&6 Shuffle to left stepping left-right-left
- 7-8 Turning a full turn left step right-left

HEEL & SIDE & SIDE & HEEL & HEEL & SIDE & SIDE & HEEL &

- 1&2 Touch right heel forward, bring right beside left & touch left toe to left side

- &3 Bring left beside right & touch right toe to right side
- &4 Bring right foot beside left & touch left heel forward
- &5 Bring left foot beside right & touch right heel forward
- &6 Bring right foot beside left & touch left toe to left side
- &7 Bring left foot beside right & touch right toe to right side
- &8 Bring right foot beside left & touch left heel forward
- & Bring left foot beside right

STEP, FORWARD, BACK, ½ TURN, SHUFFLE, STEP FORWARD

- 1-2 Step forward onto right foot, step forward onto left foot
- 3-4 Rock back onto right foot, turning ½ turn left on left foot
- 5&6 Shuffle forward right-left-right
- 7 Step forward onto left foot

STEP BACK, SHUFFLE, SHUFFLE, ½ TURN, ROCK BACK, FORWARD, ¼ TURN

- 1 Step back on right foot
- 2&3 Shuffle back left-right-left
- 4&5 Shuffle back right-left-right
- 6-7 Step back on left & pivot ½ turn left replacing weight on right foot
- 8-9 Step back on left foot, rock forward onto right

REPEAT

When starting the dance again, rock forward on to the left foot, turning ¼ turn to the right for new direction. 4 walls turning ¼ turn right each time