

Growing Up Country

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Count: 64

Wall: 2

Level: Low Intermediate

Choreographer: Donna Manning (Jan. 2013)

Music: The Only Way I Know by Jason Aldean Feat. Luke Bryan & Eric Church

Intro 32 quick beats after heavy drum beat ,start on lyrics

Sec. 1: Heel, Hook, Heel, Flick, Step, Together, Step

1,2,3,4R heel touch front, R foot hook across L shin, R heel touch front, R heel flick to R side

5,6,7,8R step forward, L together next to R, R step forward, HOLD

Sec. 2: Heel, Hook, Heel, Flick, Step, Together, Step

1,2,3,4L heel touch front, L foot hook across R shin, L heel touch front, L heel flick to L side

5,6,7,8L step forward, R together next to L, L step forward, HOLD

******RESTART HERE ON WALL 3 FACING 12:00******

Sec. 3: R Forward Rock, Recover, Step Back, L Back Coaster

1,2,3,4R forward rock, Recover weight to L, Step back on R, HOLD

5,6,7,8 Step L back, Step R back together to L, Step L forward, HOLD

Sec.4: Step Half Turn, Press R to Side, Touch R to L Foot

1,2,3,4 Step R forward, Hold, Turn ½ L on ball of R taking weight to Left foot

5,6,7,8 Press R to R (squish the bug)(down on 5 recover weight to L on 6), Touch R next to L, HOLD

Sec. 5: Weave Right, Side Rock Cross, Hold

1,2,3,4R to right side, L cross behind R, R to right side, Cross L over R

5,6,7,8R side rock recover L and cross R over L, HOLD

Sec.6: Weave Left, Side Rock Cross, Hold

1,2,3,4L to left side, R cross behind L, L to left side, Cross R over L

5,6,7,8L side rock recover R and cross L over R, HOLD (angle body to diagonal)

Sec.7: R Forward Step Close Step to diagonal, L Cross Rock Recover, ½ Turn L

1,2,3,4R forward to diagonal, Step L together, Step R forward to diagonal, HOLD

5,6,7,8L forward Cross Rock, Recover to R, ½ Turn L Stepping forward on L to opposite diagonal, HOLD

Sec.8: R Forward Step Close Step to diagonal, L Cross Rock Recover, ½ Turn L

1,2,3,4R forward to diagonal, Step L together, Step R forward to diagonal, HOLD

5,6,7,8L Cross Rock, Recover R, ½ Turn L Stepping Forward on L, HOLD

END OF DANCE!!! HAVE FUN!!!

Contact: www.dancinfree.com