

MY COUNTRY ANGEL

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Count: 48

Wall: 4

Level: beginner/intermediate

Choreographer: Fred Buckley

Music: The City Put The Country Back In Me by Neal McCoy

SHUFFLE RIGHT, ROCK BACK, RECOVER

- 1&2** Step right foot to right, step left foot beside right, step right foot to right
- 3** Rock back left
- 4** Recover right

SHUFFLE LEFT, ROCK BACK, RECOVER WITH ¼ TURN RIGHT

- 5&6** Step left foot to left, step right foot beside left, step left foot to left
- 7** Rock back right
- 8** Recover left

RIGHT HIP BUMPS (4) & LEFT HIP GRINDS (2)

- 9-12** Lean forward lightly on ball of right foot & bump hips to right -4 times
- 13-16** Shift weight to left and do 2 hip rolls to the left (2 counts each) ending by shifting weight to right foot

COASTER STEP, CROSS, UNWIND ½ TURN LEFT

- 17&18** Step back left foot, step right foot beside left, step forward on left foot
- 19** Cross right foot in front of left
- 20** Unwind ½ turn left (shift weight to right foot)

KICK BALL CHANGE, CROSS, UNWIND ½ TURN RIGHT

- 21&22** Kick left foot forward, step on ball of left foot, step on right foot
- 22** Cross left foot in front of right foot
- 23** Unwind ½ turn right (weight is on left foot)

WALK FORWARD, KICK, WALK BACK/SYNCOPATED BALL CROSS

- 25-28** Walk forward right-left-right, kick left foot forward
- 29-31** Walk back left-right-left

&32 Step back on ball of right foot & quickly step left foot across right foot (shifting weight to left foot)

RIGHT TOE, RIGHT HEEL (SUGARFOOT), HEEL TOE SWIVELS TRAVELING RIGHT (THE DWIGHT)

33-34 Touch right toe to left instep with knee pointing left-hold

35-36 Touch right heel to left instep with knee pointing right-hold

Weight on left foot traveling right for the next 4 counts

37 Swivel left heel right, touch right toes together

38 Swivel left toes right and touch right heel together

39 Swivel left heel right, touch right toes together

40 Swivel left toes right and touch right heel together

TOE-HEEL CROSS & SIDE STRUTS

41-42 Cross right toe over left foot, step down on right heel

43-44 Step left toe left, step down on left heel

45-46 Cross right toe over left foot, step down on right heel

47-48 Step left toe left, step down on left heel

REPEAT