

# Heart Pumping Country Song

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Donna Manning & Candee Seger - 2/2017

**Music:** High on a Country Song by Sam Riggs

## **NO Tags Or Restarts - 32 count intro**

### **[1-8]: Stomp 2x R-L, Hitch or kick R, Step, Point, Sailor Step, Tuck, Unwind**

**1,2,3&4:** Stomp 2x R-L taking weight, Hitch R knee (or kick R fwd) (3), step down on R (&), point L to L (4)

**5&6,7,8:** Step L behind R, Step R to R side, Recover weight to L, tuck ball of R behind L, FULL unwind over R shoulder keeping weight on L (12:00)

### **[9-16]: Knee Pops, Mambo, Rock, Drag, Ball - Walk L**

**1,2:** Stepping on RF pop L knee, stepping on LF, pop R knee

**3&4:** Press R forward, recover L, step slightly back with R

**5,6-7:** Step L back (5) dragging R back through 6-7

**&8:** Step down in ball of R, Walk forward L (12:00)

### **[17-24]: 1/4 R, L Heel Jack, Hold, Ball, Touch, Step, Heel, Step, Kick, Out, Out**

**1,2&3-4** Step R to R turning 1/4 L (1), step L behind R (2), Step onto RF (&), present L heel to L diagonal (3), hold (4)

**&5&6:** Step on L (&), touch R toe next to LF (5), step on RF (&), present L heel (6)

**&7&8:** Step on L (&), kick R forward (7), step R out to R (&), step L to L taking weight (8) (9:00)

### **[25-32]: Behind, 1/4 Triple L, Press, Recover, 1/2 Turn R, 1/4 Turn R, hitch (or pause)**

**1, 2&3R behind L, making 1/4 turn L step L fwd, bring instep of R to L, step L fwd (6:00)**

**4,5,6** Press R fwd (allow body to turn to 4:30 to help build torque), recover to L (let head and R shoulder lead to help 1/2 turn), 1/2 turn R stepping R fwd (12:00)

**7-8** Continue another  $\frac{1}{4}$  turn R stepping L to L side (3:00) taking weight, small hitch 8 OR pause (different parts of the music will lead you to either choice - feel it (3:00))

**END OF DANCE! - HAVE FUN!**

**Please do not alter this step sheet in any way. If you would like to use on your website please make sure of original format and include all contact details on this script.**

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