

Country Life Ab

Count: 32

Wall: 4

Level: Ab Beginner / Beginner

Choreographer: Annemaree Sleeth (AUS) - July 2023

Music: Stay The Night – James Blunt Length 3.33

Written for Dancers at Sherbrooke U3a

Spilt Floor To The Harder Dances Country Life By Maggie G Perfect Day by Simon Ward

Approximately 32 Counts appr 20 secs in Start On It's

S 1 (1 – 8) WALK 3, TOUCH/KICK, WALK BACK 3, TOUCH

1-2 Walk Right Forward, Walk Left Forward
3-4 Walk Right Forward, Touch Left Beside Right
5-6 Step Left Back, Step Right Back
7-8 Step Left Back, Touch Right Beside Left)

S2 (9 – 16) STEP, KICK/TOUCH, STEP, TOUCH, BEHIND, WEAVE

1-2 Step Right Side, Kick Left Low and Across Right
3-4 Step Left Side, Touch Right Behind Left
5-6 Step Right Side, Cross Left Slightly Behind Right
7-8 Step Right Side, Cross Left Over Right

S 3 (17– 24) SIDE, RECOVER, CROSS SHUFFLE, SIDE, BEHIND, SIDE SHUFFLE

1-2 Step Right Side, Recover Left
3&4 Cross Right Over Left, Step Left Side, Cross Right Over Left,
5-6 Step Left Side, Cross Right Slightly Behind Left
7&8 Step Left Side, Cross Right Slightly Behind Left, Step Left Side(WgtL)

S 4 (25 – 32) R 1/4 VINE, TOUCH, DOUBLE HIPS L, SINGLE HIPS R, L,

1-2 Step Right Side, Cross Left Slightly Behind Right
3-4 Turn ¼ Right Step Right Forward, Touch Left Beside Right (3.00)
5-6 Rock/Push Hips Left Rock/Push Hips Left
7-8 Rock/Push Hips Right , Rock/Push Hips Left
Ending Faces 3.00 walk around and have fun

Begin Again

Watch The Video On Annemaree Sleeth Youtube

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Last Update: July 2023