Country Girl Twerk

Count: 32 **Wall:** 4 **Level:** Improver
Choreographer: Jamie Marshall (USA) - January 2017
Music: Country Girl Twerk - Cypress Spring

#32 Ct Intro (Dance 3x, Bonus, Dance 3x, Bonus, Dance rest of way)

A.☐JUMP UP, HOLD, JUMP BACK, HOLD, SAILORS

&1,2	Jump forward R (&), L (1), (feet apart), Hold (2)
&3,4	Jump back R (&), L (3), (feet apart), Hold (4)
5&6	Cross R behind L (5), Step L to L (&), Step R to R (6)
7&8	Cross L behind R (7), Step R to R (&), Step L to L (8)

B.☐STEP, TWIST, STEP, TWIST, STEP, BEHIND, ¼ TRIPLE

&1,2	Step R to R, twisting knees to R (&), Touch L next to R (1), Twist knees to L, taking weight (2)
&3,4&	Step R to R, twisting knees to R (&), Touch L next to R (3), Twist knees to L (4), Switch weight to R (&)
5,6	Step L to L (5), Cross R behind L (6)
7&8	Turn ¼ L, stepping L forward (7), Step R next to L (&), Step L forward (8)

C.☐ROCK, RECOVER, R COASTER, STEP, ½ PIVOT, FORWARD TRIPLE

1,2	Rock R forward (1), Recover onto L (2)
3&4	Step R back (3), Step L next to R (&), Step R forward (4)
5,6	Step L forward (5), Pivot ½ R, stepping R in place (6)
7&8	Step L forward (7), Step R next to L (&), Step L forward (8)

D.☐STEP KNEE ROLLS, HIP BUMPS R,BACK,L,CENTER

1,2	Touch R toe to R, lifting R hip (1), Roll knee outward to R as press heel to floor, lowering R hip (2)
3,4	Touch L toe to L, lifting L hip (3), Roll knee outward to L as press heel to floor, lowering L hip (4)
5,6	Bump hips to R (5), Bump hips back (6)
7,8	Bump hips to L (7), Bump hips to center (8) (weight on L)

BONUS – OPTIONAL TWERKING INSTEAD OF C-BUMPS – ¼ JAZZ TRIANGLE
(8 counts danced 4 times (making full circle)

1&	Touch R forward, and bump hips R (1), L (&)
2&	Touch R back and bump hips R (2), L (&)
3&	Touch R forward, and bump hips R (3), L (&)
4&	Touch R back and bump hips R (4), L (&)
5,6	Cross R over L (5), Step L back (6)
7,8	Turn ¼ R, stepping R to R (7), Step L next to R (8)

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