

Once You've Gone Country - AB Sister Dance



Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Haylie Petho (AUS) - September 2026

Music: Once You've Gone Country - Sarah Catania



Tags: 0

Restarts: 4

1 Wall 2 after 16 counts

2 Wall 5 after 8 counts

3 Wall 7 after 16 counts

4 Wall 10 after 24 counts

Intro: Approx 8 counts on start of lyrics

R Vine with heel, L Vine

1-4 Step RF to R (1), cross LF behind RF (2) Step RF to R (3) LF heel dig (4)

5-8 Step LF to L (5), cross RF behind LF (6), Step LF to L(7), Step RF next to LF (8)

Restart 2 here on wall 5

R back rock recover, R ¼ paddle turn L, R heel, return, R heel, R knee hitch, R stomp

1-4 Step rock R foot backward (1), Recover weight to L foot (2), Step R foot forward(3), pivot ¼ turn L (4)

5-8 R heel forward (5), Place RF next to LF (6), R heel forward (6), Lift R foot up (&) Stomp RF next to LF(8)

Restarts 1 & 3 here on wall 2 & 7

R forward wizard, L forward wizard, R forward rock recover, 2 steps backward (R,L)

1-4 Step R forward on diagonal (1), Step L behind R (&), Step R forward on diagonal (2) Step L forward on diagonal (3), Step R behind L (&), Step L forward on diagonal (4)

5-8 Rock forward on R (5), recover on L (6) R step backward(7) L step backward (8)

Restart 4 here on wall 10

R step back, L step back together next to R, Step feet out, Backward Hip circle

1-4 Step R foot backward (1), Step L foot backward next to RF (2), Step R foot to R side (3), Step L foot to L side (4)

5-8 Push Hips back and around L to R then back to centre position (5-8)

(styling options for steps & hip circle: Lead with your hips when stepping out and at the end of each chorus with 4 heel raise stomps)