

Country For Life

Choreographed by: Mikael Mölsä (20.6.2025 at 1:02)

Description: 40 counts, 4 wall line dance

Music: **Country For Life** by Paul Marier ft. Kelly "Mr. Chill" Hoppe (Album: *Country For Life*)

Level: Low intermediate

Starting point: The dance starts on the very first count! Alternatively, you can start a wall later at about 0:28 at the chorus, then your restarts will just come a wall earlier and you will finish the dance facing 9:00 (unless you create an alternative ending, which you are welcome to create!).

Restart: There are 3 restarts in the dance, on walls 2, 5 and 6. The restarts on walls 2 and 6 happen after count 36, and the restart on wall 5 happens after count 20.

Ending: No special ending needed, the dance finishes toward the front wall. The dance ends on count 5, strike a pose!

WIZARD OF OZ'S, 1/2 LET TURNING TOE TOUCHES

1-2& Step right to right diagonal, lock left behind right, step right to right diagonal

3-4& Step left to left diagonal, lock right behind left, step left to left diagonal

5& Touch right toe in front, step right next to left

6& Touch left toe in front, step left next to right

7& Touch right toe in front, step right next to left

8& Touch left toe in front, step left next to right

Note: During counts 5-8 turn 1/2 to left

STEP, LOCK WITH A HITCH, BALL STEP, STEP, LOCK WITH A HITCH, PONY STEPS BACK, STEP TOGETHER

1-2 Step right forward, lock left behind right while you hitch right

&3-4 Step right down, step left forward, lock right behind left while you hitch left

5&6 Step and rock back on your left, recover weight back to right, rock back to left

7&8 Step and rock back on your right, recover weight back to left, rock back to right

& Step left next to right

RIGHT FOOT STOMPS, LEFT FOOT STOMPS, HEEL TOUCHES, TOE TOUCH, HEEL SLAP, TOE TOUCH

1&2 Stomp right to right side, stomp right to right side, stomp right to right side

3&4 Stomp left to left side, stomp left to left side, stomp left to left side (legs are now about shoulder-width apart)

Note: The restart happens here on wall 5.

5& Touch right heel in, turn right heel back out and transfer weight to right

6& Touch left heel in, turn left heel back out and transfer weight to left

7&8 Touch right heel forward, flick right back to right diagonal while slapping right heel, touch left toe across left

Note: Make some noise with your stomps. It's a country song after all!

1/2 LEFT TURNING HIP ROLL, COASTER STEP, CAMEL WALKS, STEP ACROSS

1-2 Roll your hips counterclockwise while you turn 1/2 to left and transfer your weight to right

3&4 Step left back, step right next to left, step left forward

5-6 Step forward on your right while you pop your left knee, step forward on your left while you pop your right knee

7-8 Step forward on your right while you pop your left knee, step left across right

Note: You can also replace the hip roll with a 1/2 left turning knee roll. Just remember to bend your knees before the roll!

1 & 1/4 RIGHT TURNING UNWIND FOR 4 COUNTS, JAZZ BOX

1-4 Unwind 1 & 1/4 (5/4 in total) to your right over 4 counts (weight ends up on your left)

Note: Restart happens here on walls 2 & 6.

5-6 Step right across left, step left back

7-8 Step right to right side, step left forward

REPEAT

