

# Country Western Line Dance

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## Objectives

Grade	Objective
6-8	Demonstrate the basic Country Western steps in time to the music.
9-12	Demonstrate three Country Western steps in time to the music. Identify the different steps by name. Create a short Country Western routine of your own

## Lesson Summary

🎵 Suggested Music 'Up!' by Shania Twain Album: **Up! Or I'm Gonna Get you Good**

In this lesson the class learns a Country Western line dance which is danced as a one wall line dance.

- Rocking Chair
- Pivot Turns
- 2 Shuffle Steps
- Right Touch Out & Close
- Left Touch out & Close
- 3 Walks back & Hitch
- Step Tap Flick Ball Change
- 4 Paddle Turns ¼ to Left on each Turn

## Activity 1: Rocking Chair

🕒 5 minutes

Any Country Western music can be used for this.

- |      |                  |   |
|------|------------------|---|
| i.   | RF rock forward. | 1 |
| ii.  | LF rock in place | 2 |
| iii. | RF rock back     | 3 |
| iv.  | LF rock in place | 4 |

## Activity 2: Pivot Turns

🕒 5 minutes

- |    |   |     |
|----|---|-----|
| v. | RF step forward pivot ½ turn to left ending with weight on LF | 5 6 |
|----|---|-----|

- vi. RF step forward pivot ½ turn to left ending with weight on LF 7 8

### Activity 3: 2 Shuffle Steps

🕒 10 minutes

- |       |  |   |
|-------|--|---|
| vii.  | RF step forward.                             | 1 |
| viii. | LF moves forward, closing L instep to R heel | & |
| ix.   | RF forward                                   | 2 |
| x.    | LF step forward                              | 3 |
| xi.   | RF moves forward, closing R instep to L heel | & |
| xii.  | Left foot forward                            | 4 |

### Activity 4: R Touch Out & Close L Touch Out & Close

🕒 5 minutes

- |       |                                      |     |
|-------|--------------------------------------|-----|
| xiii. | RF point to side, RF close beside LF | 5 6 |
| xiv.  | LF point to side LF close beside RF  | 7 8 |

### Activity 5: 3 Walks back & Hitch

🕒 5 minutes

- |        |                |   |
|--------|----------------|---|
| xv.    | RF steps back. | 1 |
| xvi.   | LF steps back  | 2 |
| xvii.  | RF steps back  | 3 |
| xviii. | L knee hitch   | 4 |

### Activity 6: Step Touch Flick Ball Change

🕒 5 minutes

- |      |                      |       |
|------|----------------------|-------|
| xix. | LF step forward      | 5     |
| xx.  | Touch RF to LF       | 6     |
| xxi. | RF flick ball change | 7 & 8 |

### Activity 7: 4 Paddle Turns making ¼ to left on each one

🕒 5 minutes

- |        |                 |   |
|--------|-----------------|---|
| xxii.  | RF step forward | 1 |
| xxiii. | LF Pivot        | 2 |
| xxiv.  | RF step forward | 3 |

xxv.	LF Pivot	4
xxvi.	RF step forward	5
xxvii.	LF Pivot	6
xxviii.	RF step forward	7
xxix.	LF Pivot	8