



Triple Mix

Count: 32 **Wall:** 2 **Level:** Beginner
Choreographer: Lorna Mursell (Scotland) Nov 2014
Music: Country Medley by Nathan Carter - The Live Show

Alternative Music:
From A Jack To A King - Johnny Hansen
Take These Chains From My Heart - Lee Roy Parnell
Singing The Blues - Kentucky Headhunters

NO TAGS, NO RESTARTS
Start On The Word "KING"

SEC 1) CHASSE, BACK ROCK, REC, SIDE TOUCH

1&2 Step right to right side, step left beside right, step right to right side
3-4 Rock back on left, recover on to right
5-6 Step left to left side, touch right beside left
7-8 Step right to right side, touch left beside right

SEC 2) CHASSE 1/4 TURN, BACK ROCK, REC, SIDE TOUCH

1&2 Step left to left side, step right beside left, turn 1/4 right stepping back on to left
foot
3-4 Rock back on right, recover on to left
5-6 Step right to right side, touch left beside right
7-8 Step left to left side, touch right beside left

SEC 3) TOE STRUT, KICKBALL CHANGE, TOE STRUT KICKBALL CHANGE

1-2 Step right toe forward, drop right heel down
3&4 Kick left foot forward, step left foot in place, step right foot beside left foot
5-6 Step left toe forward, drop left heel down
7&8 Kick right foot forward, step right foot in place, step left foot beside right foot

SEC 4) CROSS POINT X 2, JAZZ BOX 1/4 TURN, CROSS

1-2 Cross right over left, point left toe to left side
3-4 Cross left over right, point right toe to right side
5-6 Cross right over left, step back on left
7-8 Step 1/4 turn right, cross left over right

Enjoy this traditional track