



Step-In-Time Line Dancing

HEREFORDSHIRE

Dance: **Triple Mix**

Type: 32 Count, 2 Wall, Beginner

Choreographer: Lorna Mursell (Scotland) November 2014

Choreographed to: Country Medley by Nathan Carter (131 bpm, 2:48 min);
From a Jack To A King by Johnny Hansen;
Take These Chains From My Heart by Lee Roy Parnell;
Singing The Blues by Kentucky Headhunters

Intro: Start on the word "King"

Section 1 Chasse Right, Back Rock, Side Touch x 2

1&2	Step right to right side. Step left beside right. Step right to right side	Right chasse
3,4	Rock back on left. Recover on right	Back rock
5,6	Step left to left side. Touch right beside left	Side, touch
7,8	Step right to right side. Touch left beside right	Side, touch

Section 2 Chasse 1/4 Left, Back Rock, Side Touch x 2

1&2	Step left to left side. Step right beside left. Turn 1/4 right stepping left back (3:00)	Left chasse
3,4	Rock back on right. Recover on left	Back rock
5,6	Step right to right side. Touch left beside right	Side, touch
7,8	Step left to left side. Touch right beside left	Side, touch

Section 3 (Toe Strut, Kick-Ball-Change) x 2

1,2	Step right toe forward. Lower right heel	Toe strut
3&4	Kick left forward. Step ball of left beside right. Step right in place	Kick-Ball-Change
5,6	Step left toe forward. Lower left heel	Toe strut
7&8	Kick right forward. Step ball of right beside left. Step left in place	Kick-Ball-Change

Section 4 (Cross, Point) x 2, Jazz Box 1/4 Cross

1,2	Cross right over left. Point left to left side	Cross, point
3,4	Cross left over right. Point right to right side	Cross, point
5,6	Cross right over left. Step left back.	Cross, back
7,8	Step right 1/4 turn right (6:00). Cross left over right	Turn, cross
