



# Country in Me

**Choreographer: Nina Breum**

~Official GOLD competition dance 2024 - 2025~

Type of dance: 32 Count, 1 Walls, Showdance - Wheelchair  
 Level: Experienced  
 Music: "Country in Me" by Lauren Alaina  
 Intro: 16 counts from first beat in music (app. 14 seconds into track) - Optional upper body movements

Counts	Movement descriptions	End facing
<b>1 – 8</b>	<b>ZIGZAG FORWARD, ZIGZAG BACKWARDS</b>	
1 – 2	Roll forward facing the right diagonal	01:30
3 – 4	1/4 L turn while rolling forward, now facing the left diagonal	10:30
5 – 6	Roll backwards still facing the left diagonal	10:30
7 – 8	Turn ¼ R while rolling backwards	01:30
<b>9 – 16</b>	<b>TURN 1/8 + 1/1 L TURN, 1/8 L ROLL FORWARD</b>	
1 – 2	Start turning 1/8 + 1/1 L	
3 – 4	Finish 1/8 + 1/1 L turn	12:00
5 – 6	Turn 1/8 L while rolling forward	10:30
7 – 8	Finish rolling forward	10:30
<b>17 – 24</b>	<b>ROLL BACKWARDS, TURN 1/8+1 1/4 R</b>	
1 – 2	Start rolling backwards	10:30
3 – 4	Finish rolling backwards	10:30
5 – 6	Start turning 1/8 + 1 1/4 R	
7 – 8	Finish turning 1/8 + 1 1/4 R	03:00
<b>25 – 32</b>	<b>ROLL BACKWARDS, 3/4 R TURN</b>	
1 – 2	Start rolling backwards	03:00
3 – 4	Finish rolling backwards	03:00
5 – 6	Start 3/4 R turn	
7 – 8	Finish 3/4 R turn	12:00