

# Dance!

LineLineLineLineLineLineLineLineLine

## FARM GIRL STRONG

Choreographer: Judy McDonald

Music: Farm Girl Strong  
Gord Bamford (Is It Friday Yet? CD – also available on iTunes)

This is a **32 count four-wall beginner level line dance**. Start with the lyrics after a 16 count intro. Listen to the lyrics and add in some “stuff” on those hip bumps and step touches to give it your own style...and have fun!

- 1&2 3 4    **R side triple, L rock back**  
Step R to side (1), step L beside right (&), step R to side (2), rock L back (3), recover on R (4)
- 5 6 7 8    **L step ½ pivot, L step side, clap**  
Step L forward (5), pivot ½ turn and take weight on R (6), step L to side (7), clap (8)...*now facing 6 o'clock*
- 1&2 3&4    **Bump hips Rx2, Lx2,**  
Bump hips R two times (1&2), bump hips left two times (3&4)
- 5 6 7 8    **Circle hips x 2**  
Rotate hips counter-clockwise two times (5 6 7 8)
- 1 2 3 4    **R step forward, L touch side, L step forward, R touch side**  
Step R forward (1), touch L out to side (2), step L forward (3), touch R out to side (4)
- 5 6 7 8    **Box ¼ turn**  
Step R across in front of left (1), step L back (2), make ¼ turn right and step R forward (3), step L beside right (4)...*now facing 9 o'clock*
- 1&2 3 4    **R kick ball change, R stomp, clap**  
Kick R forward (1), step R back (&), step L in place (2), stomp (*or step*) R forward (3), clap (4)
- 5&6 7 8    **L kick ball change, L stomp, clap**  
Kick L forward (5), step L back (&), step R in place (6), stomp (*or step*) L forward (7), clap (8)

### **BIG FINISH!**

*The song will end after the first 5 counts of the dance, so do the pivot turn, which will turn you to face the front wall, and pose for your big ta-da!*

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