



# The Nowland Country Dancers



## **In The Valley** (July 2022)

Choreographer : Ivonne Verhagen

Type of dance : 2 wall line dance

Level : Beginner

Counts : 32

Intro: 24 counts

Music : Down In the Valley

Artist : Little Texas

BPM : 134

### **[01 – 08]: ROCK STEP COASTER STEP, HEEL GRIND ¼ LEFT, COASTER STEP**

1-2Rock right forward, recover weight onto left

3&4Step right back, step left forward, step right forward

5-6Touch left heel forward, grind left heel ¼ left stepping right back (9:00)

7&8Step left back, step right beside left, step left forward

### **[09 – 16]: SHUFFLE FORWARD 2X, STEP ¼ TURN LEFT, CROSS SHUFFLE**

1&2RF step forward, LF close to RF, RF step forward

3&4LF step forward, RF close to LF, LF step forward

5-6RF step forward, ¼ turn left & weight on LF (6h)

7&8RF Cross over LF, step LF beside RF, cross RF over LF

### **[17 – 24]: ¼ TURN RIGHT 2X, CROSS SHUFFLE, POINT RIGHT & LEFT, TOUCH FORWARD, FLICK**

1-2¼ turn right & LF step back, ¼ turn right & RF step side

3&4LF Cross over RF, step RF beside LF, cross LF over RF

5&6Point RF right, Step RF in place, Point LF left, Step LF in place

7-8Touch Right Toe forward, Flick RF side up

### **[25 – 32]: ROCK STEP, COASTER STEP, PIVOT ½ TURN RIGHT, STOMP, HOLD**

1-2Rock right forward, recover weight onto left

3&4Step right back, step left forward, step right forward

5-6LF step forward, ½ turn right (end weight on RF)

7-8LF stomp forward, hold

### **TAG: 4 COUNT TAG: COMES AFTER WALL 2 & 6**

1-2RF Stomp forward, hold

3-4LF stomp forward, hold

### **ENDING: After wall 7**

1-2RF stomp forward, hold

3-4½ turn left, end