

# My Blood

Count: 32

Wand: 4

Ebene: Improver WCS

Choreograf/in: Ein Merin (INA) & Duma Kristina S (INA) - August 2021

Musik: My Blood - Westlife



**Restart on Wall 3 after 16 count**

**Start the dance after 32 counts**

## **Section 1. Walk RL, Female side pass, Behind -Side-Cross, Rock, Recover**

- 1 - 2 Step R forward, Step L forward
- 3&4 1/4 Turn left Step R Side, 1/4 Turn left Cross L over, Step R Back [6]
- 5&6 Step L behind, Step R side, Cross L over
- 7 - 8 Rock R side, Recover on L

## **Section 2. Behind -Side-Cross, Hitch, Cross, Side, 1/2 Turn left, Side, Cross, Sweep**

- 1&2 Step R behind, Step L side, Cross R over,
- 3 - 4 Hitch L (4-shape), Cross L over
- 5 - 6 Step R side, 1/2 Turn left Step L side [12]
- 7 - 8 Cross R over, Sweep L out

**(Restart here on Wall 3 by changing the 8th step with Rock L back then recover on R as the next first step)**

## **Section 3. Cross, side, together, Cross, Turn - Forward, Cross Shuffle, Scissor Step**

- 1&2 Cross L over, Step R side, Close L together
- 3 - 4 Cross R over, 1/4 Turn left Step L forward [9]
- 5&6 Cross R over, Step L slightly side, Cross R over
- 7&8 Step L side, Close R together, Cross L over

## **Section 4. Side, Rock Behind, Recover, 1/4 Turn Forward, Behind, recover, Side Behind recover, 1/4 Turn Forward, Behind, recover**

- 1&2 Step R side, Rock L behind, Recover on R
- 3&4 1/4 Turn left Step L forward, Rock R behind, Recover on L [6]
- 5&6 Step R side, Rock L behind, Recover on R
- 7&8 1/4 Turn left Step L forward, Rock R behind, Recover on L [3]

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