

Country in My Veins

Count: 48

Wand: 4

Ebene: High Improver

Choreograf/in: Hege Langhelle (NOR) - September 2021

Musik: In My Veins - Lauren Alaina



#1 Restart

(1-8) Rdorothy, touch&touch, Ldorothy, touch&touch.

- 1-2& Rf step to R diagonal(1)Lf lock behind Rf(2)Rf step fwd(&)
3&4& Lf touch beside Rf(3)Lf step beside Rf(&)Rf touch beside Lf(4)Rf step beside Lf(&)
5-6& Lf step to L diagonal(5)Rf lock behind Lf(2)Lf step fwd(&)
7&8& Rf touch beside Lf(7)Rf step beside Lf(&)Lf touch beside Rf(8)Lf step beside Rf(&)

(9-16) LCross, side, behind, beside, heel, beside, cross, 1/4, 1/4 sailor.

- 1-2 Rf cross Lf(1)Lf step L(2)
3&4& Rf step behind Lf(3)Lf step beside Rf(&)R heel to R diagonal(4)Rf beside Lf(&)
5-6 Lf cross Rf(5)1/4L Rf step back and Lf sweep front to back(6)(9.00)
7&8 Lf step behind Rf(7)1/4L Rf step beside Lf(&)Lf step fwd(8)(6.00)

(17-24) Step, scuff, hitch, chasse', sailor, 1/4 sailor.

- 1&2 Rf fwd(1), Lf scuff beside Rf(&), 1/4 R hitch Lf(2)3.00
3&4 Lf step L(3), Rf step beside Lf(&), Lf step L(4)
5&6 Rf step behind Lf(5)Lf step beside Rf(&)Rf step R(6)
7&8 Lf step behind Rf(7), 1/4 L Rf step beside Lf(&), Lf fwd(8)6.00

(25-32) Ballrock, recover, ballstep, 1/2, fwd, full triple, scuff.

- &1-2&3 Ball of Rf beside Lf(&), Lf rock fwd(1), recover to Rf(2), ball of Lf beside Rf(&), Rf fwd(3)
4-5 1/2 L Lf fwd(4), Rf fwd(5)12.00
6&7-8 1/2 R Lf back(6), 1/2 R Rf fwd(&), Lf fwd(7), Rf scuff beside Lf(8)

Restart here in wall 3

(33-40) Fwd, touch, back, heel, beside, point, beside, point, beside, heel, beside, backpoint.

- &1&2 Rf fwd(&), Lf touch behind Rf(1), Lf step back(&), R heel fwd(2)
&3&4 Rf beside Lf(&), Lf point L(3), Lf beside Rf(&), Rf point R(4)
&5&6 Rf beside Lf(&), L heel fwd(5), Lf beside Rf(&), Rf point back(6)
7-8 1/2 R weight on Rf(7), Lf fwd(8)6.00

(41-48) 2x Shuffle, rock, 1/2, fwd, 3/4.

- 1&2 Rf fwd(1), Lf beside Rf(&), Rf fwd(2)
3&4 Lf fwd(3), Rf beside Lf(&), Lf fwd(4)
5-6& Rf rock fwd(5), recover to Lf(6), 1/2 R and Rf fwd(&)
7-8 Lf fwd(7), 3/4 R on Lf ready to

Start again