

# Pins And Needles

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Jan Brookfield (UK)

Musik: Jagged Edge of a Broken Heart - Bering Strait



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## TOE STRUTS FORWARD, KICK-BALL-STEP, ROCK STEP

- 1-4 Right strut forward, toes then heel, left strut forward, toes then heel  
5&6 Kick right forward, step back on right, step forward on left  
7-8 Step right forward, rock back onto left

## COASTER, HALF PIVOT, HALF TURN SHUFFLE, ROCK STEP

- 9&10 Step back on right, step left next to right, step forward on right  
11-12 Step left forward, pivot half turn over right shoulder (weight now on right)  
13&14 Shuffling on left, right, left make a half turn over right shoulder  
15-16 Rock back on right, rock forward onto left

## SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE

- 17-18 Step right to right side, rock onto left  
19&20 Shuffle right, left, right across in front to left side  
21-22 Step left to left side, rock onto right  
23&24 Shuffle left, right, left across in front of right to right side

## QUARTER TURN LEFT, COASTER, ROCK STEP, HALF TURN SHUFFLE

- 25-26 Step right to side, making a quarter turn to left step back on left  
27&28 Step back on right, step on left next to right, step right forward  
29-30 Step left forward, rock back onto right  
31&32 Making a half turn over left shoulder, shuffle forward on left, right, left

## REPEAT

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