

# Pulsing Through My Vein

Count: 40

Wand: 4

Ebene: Improver

Choreograf/in: Jessica Richards (UK)

Musik: There She Goes - The La's



## BEHIND UNWIND $\frac{3}{4}$ , WALK, WALK, TRIPLE FULL TURN

- 1-2 Touch right behind left, unwind  $\frac{3}{4}$  turn right, weight ends up on right  
3-4 Walk forward left, right  
5-6 Rock forward on left, recover on right  
7&8 Triple full turn left

## POINT, SWEEP $\frac{1}{2}$ TURN, HIP ROCK RECOVER, CHASSE

- 1-2 Point right toe out to right side, step right next to left  
3-4 Sweep left over right making half turn right  
5-6 Rock right hip diagonally forward right, recover on left  
7&8 Step right diagonally forward, step left beside right, step right diagonally forward

## TOE STRUTTING JAZZ BOX $\frac{1}{4}$ TURN, STEP SIDE, ROCK, RECOVER

- 1-2 Touch left toe over right, strut left heel down  
3-4 Strut right toe back making quarter turn left, strut right heel down  
5-6 Step left to left side, hold  
7-8 Rock back on right, recover on left

## KICK TWICE, SAILOR $\frac{1}{2}$ TURN, KICK TWICE, SAILOR $\frac{1}{4}$ TURN

- 1-2 Kick right diagonally forward twice  
3&4 Cross right behind left, step left to left side turning  $\frac{1}{2}$  right, step right to right place  
5-6 Kick left diagonally forward twice  
7&8 Cross left behind right, step right to right side turning  $\frac{1}{4}$  turn right, step left to place

## WALK, WALK, BACK SHUFFLE, ROCK RECOVER, FORWARD SHUFFLE

- 1-2 Walk back right, left  
3&4 Step back on right, step left beside right, step back on right  
5-6 Rock back on left, recover on right  
7&8 Step forward on left, step right next to left, step forward on left

**REPEAT**