Count: 64 Wand: 4 Ebene: Intermediate
Choreograf/in: Kate Sala (UK) \& Rob Fowler (ES) - March 2011
Musik: In My Bed (Single Version) - Edei

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## 32 Count intro

Right Heel Grind, Left Heel Grind, Rock Forward, Recover, Long Step Back, Kick.
1, 2 Step forward on R heel with toe turned in. Grind Heel turning toes out. Weight on R.
3, $4 \quad$ Step forward on $L$ heel with toe turned in. Grind heel turning toes out. Weight on $L$.
5, $6 \quad$ Rock forward on R. Recover on L.
7, 8 Take a big step back on R. Angle your body to R diagonal \& kick L forward to 12 o'clock.
Cross, Back, Side, Hold, Forward Lock Step, Hold.
$\begin{array}{ll}1,2,3,4 & \text { Cross step } L \text { over R. Step back on R. Step } L \text { to } L \text { side. Hold. } \\ 5,6,7,8 & \text { Step forward on R, Lock step } L \text { behind } R \text {. Step forward on R. Hold. }\end{array}$
Step, Pivot1/2 Turn Right, Step, Hold, Step, Pivot 1/2 turn Left, Turn 1/2 Left Stepping Back, Sweep.
1, 2, 3, $4 \quad$ Step forward on L. Pivot 1/2 turn R. Step forward on L. Hold.
$5,6,7,8 \quad$ Step forward on R. Pivot $1 / 2$ turn $L$. Turn1/2 $L$ stepping back on $R$. Sweep $L$ out to $L$ side.
Step Diagonally Back Left, Hold, Cross Step, Hold, Step Back, Step Back Right, Cross Step, Hold.
1, 2, 3, 4 Step L back to L diagonal. Hold. Cross step R over L. Hold.
$5,6,7,8 \quad$ Step $L$ back to $L$ diagonal. Step $R$ back to $R$ diagonal. Cross step $L$ over R. Hold.

Step Right, Touch, Step Left, Touch, Scissor Step Right. Hold.
$1,2,3,4 \quad$ Step $R$ to $R$ side. Touch $L$ next to $R$ instep. Step $L$ to $L$ side. Touch $R$ next to $L$ instep.
$5,6,7,8 \quad$ Step R to R side. Step L next to R. Cross step R over L. Hold.
Step Left, Touch, Step Right, Touch, Scissor Step Left. Hold
$1,2,3,4 \quad$ Step $L$ to $L$ side. Touch $R$ next to $L$ instep. Step $R$ to $R$ side. Touch $L$ next to $R$ instep. Hold.
$5,6,7,8 \quad$ Step $L$ to $L$ side. Step $R$ next to $L$. Cross step L over R. Hold.
Step Right, Together, Back, Hold, Chasse Left With 1/4 Turn Left, Hold.
1, 2, 3, 4 Step R to R side. Step L next to R. Step back on R. Hold.
$5,6,7,8 \quad$ Step $L$ to $L$ side. Step $R$ next to $L$. Turn $1 / 4 L$ stepping forward on $L$. Hold.
Step Forward Right, Touch Left Behind Right, Step Back, Pivot 1/2 Turn Right, Triple Full Right, Step.
1, 2 Step forward on R. Touch $L$ toe behind $R$ heel.
3,4 Step back on $L$. Pivot $1 / 2$ turn $R$ on ball of $L$ keeping $R$ foot off the floor.
5, $6 \quad$ Step forward on $R$, Turn 1/2 R stepping back on $L$.
7, $8 \quad$ Turn $1 / 2 R$ stepping forward on $R$. Step forward on $L$.
Start Again

