

In My Veins

Count: 48

Wall: 4

Level: Easy Intermediate

Choreographer: Gwen Walker (USA) - March 2020

Music: In My Veins - Lauren Alaina



#16 count intro, 1 restart

[1-8] L side rock recover &, R side rock recover, R kick ball change, R Triple forward

1 2 & Rock L to left side, recover to R, step L beside R.
3-4 Rock R to right side, recover to L
5&6 Kick R forward, step on ball of R, step on L.
7&8 Step R forward, step L beside R, step R forward.

[9-16] L forward rock recover, ¼ L Triple, cross R over L, ¼ turn right, ¼ R Triple.

1-2 Rock forward on L, recover to R
3&4 Step L ¼ turn left, step R beside L, step L to left side (9:00)
5-6 Cross step R over L, step L back ¼ right (12:00)
7&8 Step R ¼ right (3:00), step L beside R, step R to right.

[17-24] L cross rock recover, L side Triple, ¼ R side Triple, ¼ L side Triple

1-2 Cross rock L in front of R, recover to R.
3&4 Step L to left side, step R beside L, step L to left side (3:00)
5&6 Step R ¼ turn right, step L beside R, step R to right side (6:00)
7&8 Step L ¼ turn right, step R beside L, step L to left side (9:00)

(***keep triple steps small*****)**

[25-32] R rock recover, R Triple back, L back rock, L step ½ turn

1-2 Rock forward on R, recover to L
3&4 Step R back, step L beside R, step R back (9:00)
5-6 Rock back on L, recover to R
7-8 Step L forward pivot ½ turn right, weight to R (3:00)

******Restart here on Wall 3*******

[33-40] L rock forward, rock back, L step ¼ turn, L crossing Triple.

1-4 Rock forward on L, recover to R, rock back on L, recover to R (3:00)
5-6 Step L forward turn a ¼ right, weight to R (6:00)
7&8 Cross step L over R, step R to right side, cross step L over R.

[41-48] R side rock, back rock, side rock, behind ¼ step.

1-4 Rock R to right side, recover to L, rock R back, recover to L
5-6 Rock R to right side, recover to L
7&8 Step R behind L, step L ¼ left, step R forward. (3:00)

Restart: Wall 3 after 32 count

Ending: Dance ends on 6:00 wall on last step of dance, Step L forward pivot ½ to right to face front wall on last beat of music.

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