

The State I'm In

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Judy Rodgers (USA) - July 2022

Music: The State I'm In - Jason Aldean



#16 count intro (before vocals) - 3 restarts and 1 tag

S1: Cross rock side rock, behind turn 1/4 L step, step lock step, rock recover back

1&2& Cross rock R over L, recover L, rock R to right side, recover L
3&4 Step R behind L, turn 1/4 left step L fwd, step R fwd 9:00
5&6 Step L fwd, lock R behind L, step L fwd
7&8 Rock R fwd, recover L, step R back

S2: Sailor turn 1/4 L, & shuffle, rock recover turn 1/2 R, step rock recover

1&2 Turn 1/4 left step L behind R, step R beside L, step L to left 6:00
&3&4 Step R beside L, shuffle fwd L R L
5&6 Rock R fwd, recover L, turn 1/2 right step R fwd 12:00
7&8 Step L fwd, rock R fwd, recover L

***** Wall 3 starts facing 6:00 - restarts facing 6:00

***** Wall 5 starts facing 3:00 - restarts facing 3:00

S3: Coaster cross, 1/2 R fall-away turn, rock recover back

1&2 Step R back, step L beside R, cross R over L
3&4 Turn 1/8 right step L to left side, turn 1/8 right step R back, step L back 3:00
5&6 Turn 1/8 right step R to right side, turn 1/8 right step L fwd, step R fwd 6:00
7&8 Rock L fwd, recover R, step L back

***** Wall 6 starts facing 3:00 - restarts facing 9:00

S4: Skate & skate &, mambo step, side behind turn 1/4 L step, rock recover turn 1/2 L

1&2& Skate R, skate L
3&4 Rock R fwd, recover L, step R back
5&6& Step L to left, step R behind L, turn 1/4 left step L fwd, step R fwd 3:00
7&8 Rock L fwd, recover R, turn 1/2 left step L fwd 9:00

TAG: End of Wall 2 facing 6:00: Step touch, step touch, mambo step, back touch, back touch, coaster step

1&2& Step R fwd to right diag., touch L beside R, step L fwd to left diag., touch R beside L
3&4 Rock R fwd, recover, step R slightly back
5&6& Step L back to left diag, touch R beside L, step R back to right diag. touch L beside R
7&8 Step L back, step R beside R, step L fwd