

# Through Christ In Me

COPPER KNOB  
BY SHEETS

Count: 32

Wall: 2

Level: Improver

Choreographer: Erni Jasin (INA) - December 2023

Music: Yet Not I but Through Christ in Me - CityAlight



**\*\*No Tags, 3 Restarts!!**

Intro : 16 Count (Approx. 14 sec)

## SEC 1: FWD, ROCK, RECOVER, BACK/SWEEP, SAILOR, BASIC NC, HINGE TURN R, SIDE, 1/8 TURN R, FWD

12& Step Rf fwd (1), rock Lf fwd (2), recover on Rf (&  
34& Step Lf back and sweep Rf from front to back (3), cross Rf behind Lf (4), step Lf to side (&  
56& Rf Big step to side (5), close Lf slightly behind Rf (6), cross Rf over Lf (&  
78& 1/4 Turn R step Lf back (7), 1/4 turn R step Rf to side (8) (6:00), 1/8 turn R Lf fwd (&) (7:30)

## SEC 2: FWD, 1/8 TURN R, SIDE, DIAMOND 1/4 R, SYNCOPATED ROCK FWD, SWEEP, CROSS, SIDE

12& Step Rf fwd (1), 1/8 turn R step Lf to side (2) (9:00), 1/8 turn R step Rf back (&  
34& Step Lf back (3), 1/8 turn R step Rf to side (4) (12:00), step Lf fwd (&  
56& Rock Rf fwd (5), recover on Lf (6), close Rf next to Lf (&  
78& Step Lf fwd and sweep Rf from back to front (7), cross Rf over Lf (8), step Lf to side (&

## SEC 3: BACK ROCK, RECOVER, SIDE (R&L), BACK/SWEEP (X2), UNWIND 1/2 R

12& Rock Rf behind Lf (1), recover on Lf (2), step Rf to side (&  
34& Rock Lf behind Rf (3), recover on Lf (4), step Lf next to Rf (&  
5 6 Step Rf back with sweep (5), step Lf back with sweep (6)  
7 8 Cross Rf behind Lf (7), make 1/2 turn R step Rf in place (8) (6:00)

## SEC 4: ROCK FWD, RECOVER, TOGETHER, BACK/LIFT, FWD TOGETHER, FWD, SWEEP, JAZZ BOX, SWAY

12& Rock Lf fwd (1), recover on Rf (2), step Lf next to Rf (&,  
34& Step Rf back and lifting Lf (3), step Lf fwd (4), Step Lf next to Rf (&  
56& Step Lf fwd with sweep Rf from back to front (5), cross Rf over Lf (6), step Lf back (&  
7 8 Step Rf to side and sway to R (7), sway to L (8)

**\*\*Restart : during wall 3, 6 & 9 Dance up to 12 count and do restart, All are facing 12:00**

Happy Dancing ☐

Contact : ernij58@gmail.com