

Pulsing Through My Vein

COPPER KNOB
STEPSHEETS

Count: 40

Wall: 4

Level: Improver

Choreographer: Jessica Richards (UK)

Music: 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
