

In Our Blood

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Robbie McGowan Hickie (UK) - January 2018
音乐: In Our Blood - Tyrone Wells : (CD: Roll With It - iTunes & www.amazon.co.uk)



#16 Count intro

S1: 2 x Walks Back. Right Coaster Cross. Side Rock. Recover. Diagonal Shuffle Forward.

1 – 2 Walk back on Right. Walk back on Left.
3&4 Step back on Right. Step Left beside Right. Cross step Right over Left.
5 – 6 Rock Left out to Left side. Recover weight on Right (Turning to Face Right Diagonal)
7&8 Left shuffle Diagonally forward Right, stepping Left. Right. Left.

S2: Forward Rock. Behind & Cross. Side Step Left. Drag. Ball-Cross. Side Step Right.

1 – 2 Rock forward on Right. Rock back on Left.
3&4 Cross Right behind Left. Step Left to Left side. Cross Right over Left. (Straighten up to 12 o'clock)
5 – 6 Long step Left to Left side. Drag Right towards Left. (Weight on Left)
&7 – 8 Step ball of Right beside Left. Cross step Left over Right. Long step Right to Right side.

S3: Left Sailor 1/4 Turn Left. 2 x 1/2 Turns Left. Forward Rock & Back Rock.

1&2 Cross Left behind Right making 1/4 turn Left. Step Right beside Left. Step forward on Left.
3 – 4 Make 1/2 turn Left stepping back on Right. Make 1/2 turn Left stepping forward on Left.
5 – 6 Rock forward on Right. Rock back on Left.
&7 – 8 Step ball of Right beside Left. Rock back on Left. Rock forward on Right. (Facing 9 o'clock)

S4: Step. Pivot 1/4 Turn Right. Left Cross Shuffle. Chasse 1/4 Turn Right. Step. Pivot 1/2 Turn Right.

1 – 2 Step forward on Left. Pivot 1/4 turn Right. (Facing 12 o'clock)
3&4 Cross step Left over Right. Step Right to Right side. Cross step Left over Right.
5&6 Step Right to Right side. Close Left beside Right. Make 1/4 turn Right stepping forward on Right.
7 – 8 Step forward on Left. Pivot 1/2 turn Right. (Facing 9 o'clock)

S5: Dorothy Step Forward (Left & Right). Forward Rock. Triple Step Full Turn Left.

1 – 2& Step Left Diagonally forward Left. Lock Right behind Left. Step Left Diagonally forward Left.
3 – 4& Step Right Diagonally forward Right. Lock Left behind Right. Step Right Diagonally forward Right.
5 – 6 (Straighten up to 9 o'clock) ... Rock forward on Left. Rock back on Right.
7&8 Left triple step Full turn Left (On the Spot) stepping Left. Right. Left.

S6: Cross. Side Step Left. Right Sailor Cross 1/2 Turn Right. Side Step Left. Together. Left Shuffle Forward.

1 – 2 Cross step Right over Left. Step Left to Left side.
3&4 Cross Right behind making 1/2 turn Right. Step Left beside Right. Cross step Right over Left.
5 – 6 Long step Left to Left side. Close Right beside Left.
7&8 Left shuffle forward stepping Left. Right. Left. (Facing 3 o'clock)

S7: Forward Rock. Right Shuffle Back. 2 x 1/2 Turns Left. Left Sailor Step.

1 – 2 Rock forward on Right. Rock back on Left.
3&4 Right shuffle back stepping Right. Left. Right.
5 – 6 Make 1/2 turn Left stepping forward on Left. Make 1/2 turn Left stepping back on Right.
7&8 Sweep/Cross Left behind Right. Step Right beside Left. Step Left to Left side. (Facing 3 o'clock)

S8: Cross Rock. Rolling Vine 1&1/4 Turn Right. Forward Rock. Left Lock Step Back.

- 1 – 2 Cross rock Right forward over Left. Rock back on Left.
3& Make 1/4 turn Right stepping forward on Right. Make 1/2 turn Right stepping back on Left.
4 Make 1/2 turn Right stepping forward on Right. (Facing 6 o'clock)
5 – 6 Rock forward on Left. Rock back on Right.
7&8 Step back on Left. Lock step Right across Left. Step back on Left.

Start Again

Tag: 8 Count : End of Wall 2 & Wall 4 (Facing 12 o'clock)

Back Rock. Right Shuffle 1/2 Turn Left. Back Rock. Left Shuffle 1/2 Turn Right.

- 1 – 2 Rock back on Right. Rock forward on Left.
3&4 Right shuffle making 1/2 turn Left stepping Right. Left. Right.
5 – 6 Rock back on Left. Rock forward on Right.
7&8 Left shuffle making 1/2 turn Right stepping Left. Right. Left.
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