

# In My Blood

**COPPER KNOB**  
BY SHEETS

拍数: 48      墙数: 2      级数: Phrased Intermediate  
编舞者: Jef Camps (BEL) & Roy Verdonk (NL) - April 2018  
音乐: In My Blood - Shawn Mendes



Sequence: A BBB A BBB AA B AAA

Song is available for online purchase on iTunes

## PART A: 16 COUNTS

**S1: NC BASIC, ¼ HINGE TURN, STEP, ¼ PIVOT, CROSS, SWEEP, CROSS, BACK, BACK, CROSS, BACK, ½ TURN STEP**

1-2&      RF big step side, LF close next to RF, RF cross over LF  
3&4&      ¼ turn R & LF step back, ½ turn R & RF step forward, LF step forward, make ¼ turn R  
5-6&      LF cross over RF & sweep RF forward, RF cross over LF, LF step diagonally back  
7&8&      RF step diagonally back, LF cross over RF, RF step back, ½ turn L & LF step forward (6:00)

**S2: STEP FWD, ARM MOVEMENT, STEP FWD, DRAG, MAMBO ½ TURN, STEP FWD, FULL TURN, STEP, ½ PIVOT**

1-2&      RF step forward, bring RH to your heart, put LH on RH hand  
3      LF step forward push hands forward and out while dragging RF forward  
4&5      RF rock forward, recover on LF, ½ turn R & RF step forward (12:00)  
6      LF step forward  
7&8&      ½ turn L & RF step back, ½ turn L & LF step forward, RF step forward, make ½ turn L (6:00)

## PART B: 32 COUNTS

**S1: FIGURE OF EIGHT**

1-2      RF step side, LF cross behind RF  
3-4      ¼ turn R & RF step forward, LF step forward (3:00)  
5-6      make ½ turn R putting weight on RF, ¼ turn R & LF step side (12:00)  
7-8      RF cross behind LF, ¼ turn L & LF step forward (9:00)

**S2: SHUFFLE FWD, STEP FWD, ½ PIVOT, ½ BACK, HOLD, ¼ CHASSE**

1&2      RF step forward, LF close next to RF, RF step forward  
3-4      LF step forward, make ½ turn R putting weight on RF (3:00)  
5-6      ½ turn R & LF step back, hold (9:00)  
7&8      ¼ turn R & RF step side, LF close next to RF, RF step side (12:00)

**S3: DRAG, CROSS, SIDE ROCK/RECOVER, WEAVE, LIFT**

1-2      LF drag slowly across RF, LF cross over RF  
3-4      RF rock side, recover on LF  
5-6      RF cross over LF, LF step side  
7-8      RF cross behind LF, twist 1/8 turn L on RF while lifting L from the ground (straight L leg)

**S4: SIDE, JAZZ BOX, CROSS, ½ TURN, BACK ROCK/RECOVER**

1-2      LF step side, RF cross over (12:00)  
3-4      LF step back, RF step side  
5-6      LF cross over RF, make ½ turn on LF (weight stays on LF) (6:00)  
7-8      RF rock behind LF, recover on LF

Have fun!

