

Running in My Veins

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Janet Cummings (USA) - March 2020
音乐: In My Veins - Lauren Alaina : (Album: Getting Good - 2:46)



Intro: 16 Counts - No Tags or Restarts - ***Pattern is Clockwise

Weight Starts on Left...

SECTION 1: R CROSS STEP, L HITCH, L CROSS STEP, R HITCH; ROCK, RECOVER, SHUFFLE BACK

1, 2, 3, 4 R Cross Over L-Step, L Hitch, L Cross Over R-Step, R Hitch

5, 6, 7&8 R Rock Forward, L Recover, Shuffle Back (R, L, R)

NOTE: If Cross Steps/Hitches are difficult, just Cross Step, Touch x2

SECTION 2: L ROCK BACK, RECOVER, RIGHT ½ TURN SHUFFLE, R ROCK BACK, RECOVER, TURN ½ LEFT, TURN ½ LEFT (FULL TURN) OR SIMPLY WALK FORWARD X2

1, 2 L Rock Back, R Recover

3&4 R ½ Turn Shuffle Over R Shoulder

5, 6 R Rock Back, L Recover

7, 8 Turn ½ Left, Step Back on R, Turn ½ Left, Step L (Or...Walk Forward R, L)

SECTION 3: R ROCK, RECOVER, TURN ¼ RIGHT, CHASSE, L CROSS STEP, HITCH, R CROSS STEP, HITCH

1, 2, 3&4 R Rock Forward, L Recover, Turn ¼ Right, Chasse/Shuffle Right

5, 6, 7, 8 L Cross R-Step, R Hitch, R Cross L-Step, L Hitch

SECTION 4: L ROCK, RECOVER, L COASTER STEP, R STEP FORWARD, TURN ½ LEFT, HOOK L, LIGHTLY STEP L, R, L TO SIDES

1, 2, 3&4 L Rock Forward, R Recover, L Step Back, R Step Back, L Step Forward

5, 6 R Step Forward, Turn ½ Left, Hook L

7&8 Lightly and Quickly Ball Step L, R, L to Sides (These steps stay close to center)

Thank you for being a part of my God-given journey. Be well and happy, dance until...

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