

# Pulsing Through My Vein

**COPPER KNOB**  
STEPPERS

拍数: 40      墙数: 4      级数: Improver  
编舞者: Jessica Richards (UK)  
音乐: 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**

---