

In The Blood

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Tessa Jansen (NL) - August 2017
音樂: In the Blood - John Mayer : (iTunes)



Intro: 16 counts

Section 1: R Shuffle Fwd, Cross, 1/8 Turn L Back, Back, Back, 1/8 Turn L Side, Cross, Side, Cross Rock, Side

1&2 Step Fwd on RF, Step LF next to RF, Step Fwd on RF
3&4 Sweep LF from back to front and Cross LF over RF, 1/8 Turn L Step Back on RF, Step Back on LF (10.30)
5&6 Step Back On RF, 1/8 Turn L Step LF to L Side, Cross RF Over LF (9.00)
&7-8& Step LF to L Side, Cross Rock RF, Recover on LF, Step RF to R Side

Section 2: Cross, Side, Back, Coaster Step, 1/2 Pivot R, 1/2 Turn R Back, 3x Walk Back

1&2 Cross LF over RF, RF Step to R Side, Step Back on LF
3&4 Sweep RF From Front to Back and Step Back on RF, Step LF next to RF, Step Fwd on RF
5&6 Step Fwd on LF, 1/2 Pivot Turn R, 1/2 Turn R Step Back on LF (09.00)
7&8 3x Walk Back R,L,R

Section 3: Back Rock/Recover, R 1/2 Turn Back, 1/4 Turn R Chassé, Cross Rock, Side Rock, 1/4 Turn L Jazzbox

1&2 Back Rock on LF, Recover on RF, 1/2 Turn R Step Back on L (03.00)
3&4 1/4 Turn R Step R to R Side, Step LF next to RF, Step RF to R Side (06.00)
5& Cross Rock LF over RF, Recover on RF
6& Rock LF to L Side, Recover on RF
7&8 Cross LF Over RF, 1/4 Turn L Step Back on RF, Step Fwd on LF

Section 4: 2 Traveling Touches, Shuffle, Rock/Recover, 1/2 Turn L Fwd, Full Turn L

1&2& Touch R Toe Fwd, Step RF Fwd, Touch L Toe Fwd, Step LF Fwd (Travel Slightly Fwd)
3&4 Step RF Fwd, Step LF next to RF, Step RF Fwd
5&6 Rock LF Fwd, Recover on RF, 1/2 Turn L Step LF Fwd
7-8 1/2 Turn L Step RF Back, 1/2 Turn L Step LF Fwd (09.00) (Option: 2 Walks; R, L)

TAG: You will hear it very easy. :-)

After Walls 1,2,3,4,5

Wall 1,3:

1-2 Hip Sway R, Hip Sway L
3-4& R Rock Fwd, Recover On L, Step R next to L
5-6& L Rock Fwd, Recover On R, Step L next to R

Wall 2,4,5:

1-2 Hip Sway R, Hip Sway L

ENDING: Wall 9 starts at 00.00

Dance untill count 6 from Section 2 you will be facing 9.00;

1/4 Turn R make a big step with RF to R side, drag LF towards RF and you will face 00.00

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