

In The Blood

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Dan Albro (USA) - 24 June 2024
音樂: In the Blood - John Mayer



Intro: 16 count intro

****2 Easy Tags**

[1-8] HEEL, BALL, STEP, HEEL, BALL, STEP, ROCK & CROSS, ROCK, ¼, FWD

1&2 Rock fwd on R heel, replace weight on ball of L, step fwd on R
3&4 Rock fwd on L heel, replace weight on ball of R, step fwd on L
5&6 Rock side R, replace weight on L, cross step R over L
7&8 Rock side L, turn ¼ right replacing weight on R, step fwd L - 3:00

[9-16] STEP, STEP, ½ PIVOT, STEP, LOCK, STEP, CROSS & ¼ HEEL & ¼ HEEL & TOUCH

1,2&3&4 Step fwd R, step fwd L, pivot ½ right, step fwd L, step R behind L, step fwd L
5&6 Cross step R over L, turn ¼ right stepping back on L, touch R heel fwd
&7&8 Turn ¼ right stepping back on R, touch L heel fwd, step side L, touch R next to L

[17-24] SWAY, SWAY, SHUFFLE SIDE, SWAY, SWAY, SHUFFLE SIDE

1,2,3&4 Step R swaying hips right, sway hips L, step side R, step L next to R, step side R
5,6,7&8 Sway hips L, sway hips R, step side L, step R next to L, step side L

[25-32] WEAWE, ¼ TURN, STEP, ½ PIVOT, WALK, WALK, STOMP, STOMP, CLAP

1&2& Cross R over L, step side L, cross R behind L, turn ¼ left stepping fwd L
3,4,5,6,7,8 Step fwd R, pivot ½ left, step fwd R, step fwd L, step fwd R, touch L - 6:00

***TAG At the end of Walls 1 and 3 only facing 6:00 add these 6 counts (K-stepish)**

1,2,3,4,5,6 Step back L, touch R, step back R, touch L, step fwd L, touch R

****TAG At the end of Walls 2 and 4 (12:00) and Wall 5 (6:00) add these 2 counts**

1,2 Step back L, touch R

ALSO – After the guitar solo All Counts 31,32 change to 31&32-Stomp R, stomp L, clap

LAST TIME Wall 9 Counts 13&14&15 CROSS & ¼ HEEL & STEP FWD TO 12:00