

In My Blood

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Count: 48 **Wall:** 2 **Level:** Phrased Intermediate

Choreographer: Jef Camps (BE) & Roy Verdonk (NL) – April 2018

Music: "In My Blood" by 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, $\frac{3}{4}$ HINGE TURN, STEP, $\frac{1}{4}$ PIVOT, CROSS, SWEEP, CROSS, BACK, BACK, CROSS, BACK, $\frac{1}{2}$ TURN STEP

1-2&RF big step side, LF close next to RF, RF cross over LF

3&4& $\frac{1}{4}$ turn R & LF step back, $\frac{1}{2}$ turn R & RF step forward, LF step forward, make $\frac{1}{4}$ 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, $\frac{1}{2}$ turn L & LF step forward
(6:00)**

S2: STEP FWD, ARM MOVEMENT, STEP FWD, DRAG, MAMBO $\frac{1}{2}$ TURN, STEP FWD, FULL TURN, STEP, $\frac{1}{2}$ PIVOT

1-2&RF step forward, bring RH to your heart, put LH on RH hand

3LF step forward push hands forward and out while dragging RF forward

4&5RF rock forward, recover on LF, $\frac{1}{2}$ turn R & RF step forward (12:00)

6LF step forward

**7&8& $\frac{1}{2}$ turn L & RF step back, $\frac{1}{2}$ turn L & LF step forward, RF step forward, make $\frac{1}{2}$ turn L
(6:00)**

PART B: 32 COUNTS

S1: FIGURE OF EIGHT

1-2RF step side, LF cross behind RF

3-4¹/₄ turn R & RF step forward, LF step forward (3:00)

5-6 make ¹/₂ turn R putting weight on RF, ¹/₄ turn R & LF step side (12:00)

7-8 RF cross behind LF, ¹/₄ turn L & LF step forward (9:00)

S2: SHUFFLE FWD, STEP FWD, ¹/₂ PIVOT, ¹/₂ BACK, HOLD, ¹/₄ CHASSE

1&2 RF step forward, LF close next to RF, RF step forward

3-4 LF step forward, make ¹/₂ turn R putting weight on RF (3:00)

5-6 ¹/₂ turn R & LF step back, hold (9:00)

7&8 ¹/₄ 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, ¹/₂ 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 ¹/₂ turn on LF (weight stays on LF) (6:00)

7-8 RF rock behind LF, recover on LF

Have fun!