

# In My Veins

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**Count:** 48      **Wall:** 4      **Level:** Easy Intermediate

**Choreographer:** Gwen Walker ( March 2020 )

**Music:** In My Veins by Lauren Alaina

## #16 count intro, 1 restart

### [1-8] L side rock recover &, R side rock recover, R kick ball change, R Triple forward

**1 2 &**      Rock L to left side, recover to R, step L beside R.

**3-4**      Rock R to right side, recover to L

**5&6**      Kick R forward, step on ball of R, step on L.

**7&8**      Step R forward, step L beside R, step R forward.

### [9-16] L forward rock recover, ¼ L Triple, cross R over L, ¼ turn right, ¼ R Triple.

**1-2**      Rock forward on L, recover to R

**3&4**      Step L ¼ turn left, step R beside L, step L to left side (9:00)

**5-6**      Cross step R over L, step L back ¼ right (12:00)

**7&8**      Step R ¼ right (3:00), step L beside R, step R to right.

### [17-24] L cross rock recover, L side Triple, ¼ R side Triple, ¼ L side Triple

**1-2**      Cross rock L in front of R, recover to R.

**3&4**      Step L to left side, step R beside L, step L to left side (3:00)

**5&6**      Step R ¼ turn right, step L beside R, step R to right side (6:00)

**7&8**      Step L ¼ turn right, step R beside L, step L to left side (9:00)

(\*\*\*\*\*keep triple steps small\*\*\*\*\*)

### [25-32] R rock recover, R Triple back, L back rock, L step ½ turn

**1-2**      Rock forward on R, recover to L

**3&4**      Step R back, step L beside R, step R back (9:00)

**5-6**      Rock back on L , recover to R

**7-8**      Step L forward pivot ½ turn right, weight to R (3:00)

\*\*\*\*Restart here on Wall 3\*\*\*\*

**[33-40] L rock forward, rock back, L step  $\frac{1}{4}$  turn, L crossing Triple.**

**1-4** Rock forward on L, recover to R, rock back on L, recover to R (3:00)

**5-6** Step L forward turn a  $\frac{1}{4}$  right, weight to R (6:00)

**7&8** Cross step L over R, step R to right side, cross step L over R.

**[41-48] R side rock, back rock, side rock, behind  $\frac{1}{4}$  step.**

**1-4** Rock R to right side, recover to L, rock R back, recover to L

**5-6** Rock R to right side, recover to L

**7&8** Step R behind L, step L  $\frac{1}{4}$  left, step R forward. (3:00)

**Restart: Wall 3 after 32 count**

**Ending: Dance ends on 6:00 wall on last step of dance, Step L forward pivot  $\frac{1}{2}$  to right to face front wall on last beat of music.**

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