

# COUNTRY IN MY VEINS

**COUNT: 48**

**WALLS: 4**

**LEVEL: INTERMEDIATE**

**SONG: In my veins**

**BY: Lauren Alaina**

**ALBUM: Getting good EP**

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| BEATS                        | INTRODUCTION: 16 BEATS   |
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| 1-2<br>3&4<br>5&6<br>7-8     | <b>KICK, KICK, COASTER STEP, SHUFFLE, WALK, WALK</b><br>KICK R FOOT FORWARD, KICK R FOOT 45 DEGREES R<br>COASTER: STEP R FOOT BACK, STEP L FOOT TOGETHER, STEP R FOOT FORWARD<br>SHUFFLE FORWARD STEPPING: LRL<br>STEP R FORWARD, STEP L FORWARD   |
| 1-2<br>3&4<br>5-6<br>7-8     | <b>HEEL GRIND, COASTER STEP, PIVOT TURN, PIVOT TURN</b><br>STEP R HEEL FORWARD WITH TOE POINTING TOWARDS L, GRIND HEEL INTO FLOOR,<br>FANNING TOES TO R, TAKING WEIGHT ONTO L FOOT<br>COASTER: STEP R FOOT BACK, STEP L FOOT TOGETHER, STEP R FOOT FORWARD<br>PIVOT: STEP L FOOT FORWARD, TURN 180 DEGREES R TAKE WEIGHT ON L<br>PIVOT: STEP L FOOT FORWARD, TURN 180 DEGREES R TAKE WEIGHT ON L |
| 1-2<br>3&4<br>5-6<br>7&8     | <b>CROSS, SIDE, SAILOR, CROSS, SIDE, ¼ SHUFFLE BACK</b><br>STEP L OVER R FOOT, STEP R TO THE SIDE<br>SAILOR: STEP L FOOT BEHIND R, STEP R TO THE SIDE, STEP L TO THE SIDE<br>STEP R OVER L, STEP L TO THE SIDE<br>TURN 90 DEGREES R SHUFFLE BACK STEPPING: RLR   |
| 1-2<br>3&4<br>5-6<br>7&8 & # | <b>BACK, FORWARD, ½ TURN SHUFFLE BACK, BACK, FORWARD, HEEL, HEEL</b><br>STEP L BACK, STEP R FORWARD<br>TURN 180 DEGREES R SHUFFLE BACK STEPPING: LRL<br>STEP R BACK, STEP L FORWARD<br>TAP R HEEL FORWARD, STEP R TOGETHER, TAP L HEEL FORWARD, STEP L TOGETHER (#)  |
| 1-2&<br>3&4<br>5&6<br>7&8    | <b>POINT, HOLD, POINT, POINT, CROSS SAMBA, ¼ SAILOR</b><br>POINT R TOE TO THE SIDE, HOLD, STEP R TOGETHER<br>POINT L TOE TO THE SIDE, STEP L TOGETHER, POINT R TO THE SIDE<br>CROSS SAMBA: STEP R ACROSS IN FRONT OF L, STEP L TO THE SIDE, STEP R TO THE SIDE<br>CROSS L BEHIND R, TURN 90 DEGREES L, STEP R BESIDE L, STEP L FORWARD   |
| 1-2<br>3-4<br>5-6<br>7&8     | <b>FULL TURN, FORWARD, BACK, ¼ TURN, DRAG, BEHIND, SIDE, CROSS</b><br>STEP R FORWARD TURNING 180 DEGREES L, TURN 180 DEGREES L STEP L FORWARD<br>STEP R FORWARD, STEP L BACK<br>TURN 90 DEGREES R, STEP R TO THE SIDE, BRING L TOGETHER<br>STEP L BEHIND R, STEP R TO THE SIDE, STEP L OVER R  |
| 48                           | <b>REPEAT DANCE IN NEW DIRECTION</b>   |
|                              | RESTARTS: ON WALL 3 ( 3 O'CLOCK WALL ) AND WALL 5 ( 9 O'CLOCK WALL ) RESTART THE DANCE AFTER COUNT 32 #  |