

# Country in My Veins

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**Count:** 48

**Wall:** 4

**Level:** High Improver

**Choreographer:** Hege Langhelle (NOR) - September 2021

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

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## #1 Restart

### (1-8)Rdorothy,touch&touch,Ldorothy,touch&touch.

1-2& Rf step to R diagonal(1)Lf lock behind Rf(2)Rf step fwd(&  
3&4& Lf touch beside Rf(3)Lf step beside Rf(&)Rf touch beside Lf(4)Rf step beside Lf(&  
5-6& Lf step to L diagonal(5)Rf lock behind Lf(2)Lf step fwd(&  
7&8& Rf touch beside Lf(7)Rf step beside Lf(&)Lf touch beside Rf(8)Lf step beside Rf(&

### (9-16)LCross,side,behind,beside,heel,beside,cross,1/4,1/4 sailor.

1-2 Rf cross Lf(1)Lf step L(2)  
3&4& Rf step behind Lf(3)Lf step beside Rf(&)R heel to R diagonal(4)Rf beside Lf(&  
5-6 Lf cross Rf(5)1/4L Rf step back and Lf sweep front to back(6)(9.00)  
7&8 Lf step behind Rf(7)1/4L Rf step beside Lf(&)Lf step fwd(8)(6.00)

### (17-24)Step,scuff,hitch,chasse',sailor,1/4sailor.

1&2 Rf fwd(1), Lf scuff beside Rf(&), ¼ R hitch Lf(2)3.00  
3&4 Lf step L(3),Rf step beside Lf(&),Lf step L(4)  
5&6 Rf step behind Lf(5)Lf step beside Rf(&)Rf step R(6)  
7&8 Lf step behind Rf(7), ¼ L Rf step beside Lf(&), Lf fwd(8)6.00

### (25-32)Ballrock,recover,ballstep,1/2,fwd,full triple,scuff.

&1-2&3 Ball of Rf beside Lf(&), Lf rock fwd(1), recover to Rf(2), ball of Lf beside Rf(&), Rf fwd(3)  
4-5 ½ L Lf fwd(4), Rf fwd(5)12.00  
6&7-8 ½ R Lf back(6), ½ R Rf fwd(&), Lf fwd(7), Rf scuff beside Lf(8)

## Restart here in wall 3

### (33-40)Fwd,touch,back,heel,beside,point,beside,point,beside,heel,beside,backpoint.

&1&2 Rf fwd(&), Lf touch behind Rf(1), Lf step back(&), R heel fwd(2)  
&3&4 Rf beside Lf(&), Lf point L(3), Lf beside Rf(&), Rf point R(4)  
&5&6 Rf beside Lf(&), L heel fwd(5), Lf beside Rf(&), Rf point back(6)  
7-8 ½ R weight on Rf(7), Lf fwd(8)6.00

### (41-48)2xShuffle,rock,1/2,fwd,3/4.

1&2 Rf fwd(1), Lf beside Rf(&), Rf fwd(2)  
3&4 Lf fwd(3), Rf beside Lf(&), Lf fwd(4)  
5-6& Rf rock fwd(5), recover to Lf(6), ½ R and Rf fwd(&  
7-8 Lf fwd(7), ¾ R on Lf ready to

## Start again