



IN MY SHOES

Danse de partenaires

Comptes: 32 comptes, 1 restart

Niveau: Intermédiaire

Chorégraphie: Jgor Pasin (Country Lovers - 2016)

Musique: Fast music: Rocks in your shoes by Emily West ou

Slow music: Tough by Justin McBride (with 1 restart)

Start Position: Man and woman in front of each other, man's right hand holds the woman's left hand, man's left hand holds woman's right

SECTION 1 1-8 H: KICK BALL STEP, ROCK & TURN ¼ TURN RIGHT, SHUFFLE ½ TURN RIGHT, ROCK BACK

F: KICK BALL STEP, ROCK & TURN ¼ TURN RIGHT, COASTER STEP, STEP RIGHT ½ TURN RIGHT, STEP LEFT ½ TURN RIGHT

1&2 H: Kick right, right on place, left forward diagonal left

F: Kick right, right on place, left forward diagonal left

3&4 H: Right forward, return with weight on the left, right to the right ¼ turn right

F: Right forward, back with weight on the left, right to the right ¼ turn right

Man's left hand leaves the woman's right hand

5&6 H: Left, right, left ½ turn to right

F: Left back, right next to the left, left forward

Lift man's right hand and woman's left hand

7, 8 H: Right back, return with the weight on the left

F: Step right on place and ½ turn to right, step left on place and ½ turn to right

Lower man's right hand and woman's left hand and leave hands

SECTION 2 9-16 H: SHUFFLE SIDE, COASTER STEP ¼ TURN LEFT, STEP X 4

F: CROSS & CROSS, SIDE & STEP ¼ TURN R, STEP X 4 FULL TURN LEFT

1& 2 H: Right to right, left close to the right, right to right

F: Right to right crossed over the left, left to left, right to right crossed over the left

Man's left hand takes the woman's right hand

3&4 H: Left to left crossed behind the right ¼ turn left, right next to the left, left forward

F: Left to left ¼ turn right, right next to the left, left forward

Lift man's right hand and woman's left hand

5,6,7,8 H: Steps right, left, right, left on place

F: Steps right, left, right, left on place making one full turn left

The man takes the woman's left hand with his right hand

SECTION 3 17-24 H: SIDE & CROSS, SIDE & CROSS, ROCK TURN ¼ TURN LEFT, SHUFFLE ¼ TURN RIGHT

F: SIDE & CROSS, SIDE & CROSS, STEP RIGHT ¼ TURN RIGHT, STEP LEFT ½ TURN RIGHT, SHUFFLE ¼ TURN RIGHT

1&2 H: Right to right, left to right behind the right, right to left, hold

Association Varoise de Danse Country

F: Right to right, left to right behind the right, right to left, hold
3&4 H: Left to left, right to left behind the left, left to left, hold
F: Left to left, right to left behind the left, left to left, hold
Lift man's left hand and woman's right hand
5, 6 H: Right to right ¼ turn left, return with the weight on the left
F: Right to right ¼ turn right, left forward ½ turn right
Lower man's left hand and woman's right hand
7&8 H: Steps right, left, right forward and ¼ turn right
F: Steps right, left, right forward and ¼ turn right

SECTION 4 25-32 H: CROSS, SIDE, SHUFFLE BACK, ROCKIN' CHAIR
F: CROSS, SIDE, SHUFFLE BACK, ROCKIN' CHAIR

Man's right hand leaves woman's left hand
1, 2 H: Left to right crossed over the right, right to right
F: Left to right crossed over the right, right to right
Lift man's left hand and woman's right hand
3&4 H: Left back, right next to the left, left back diagonally to left
F: Left back, right next to the left, left back diagonally to left
Man's right hand takes the woman's left hand
5,6,7,8 H: Right forward, return on the left, right back, return on the left
F: Right forward, return on the left, right back, return on the left

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