

# Bloodlines

Count: 60

Wand: 2

Ebene: Phrased High Intermediate

Choreograf/in: Tessa Jansen (NL) - May 2025

Musik: Bloodline - Alex Warren & Jelly Roll : (iTunes)



**Intro: 8 counts (from hard beat)**

**Sequence: AA A 16 counts BB AA A 16 counts BBBBB**

## Part A: 28 Counts

### Rock Fwd, Shuffle ½ R, Heel Switches, Big Step L, Drag

- 1-2 Rock Fwd on R, Recover on L
- 3&4 Turn ¼ R Step R to R Side, Step L Next To R, Turn ¼ R and Step R Fwd (6.00)
- 5&6& Touch L Heel Fwd, Step L Next to R, Touch R Heel Fwd, Step R Next to L
- 7-8 Step L Long Step to L Side, Drag R Next To L (6.00)

### Cross Rock, Chassé, Cross, Side, Sailor ¼ L

- 1-2 Cross R over L, Recover on L
- 3&4 Step R to R Side, Step L Next To R, Step R to R Side
- 5-6 Cross L Over R, Step R to R Side
- 7&8 Step L Behind R, Turn ¼ L and Step R Next To L, Step L Slightly Fwd (3.00)

**NOTE:** 2 times on this point after 16 counts of Part A you will continue Part B. First time at 6.00, the second time at 12.00.

**Step change:** Last section; Count 7&8; Instead of the ¼ Turn make a normal Sailor Step, so stay at the same wall.

### Fwd, Hold, Lock, Fwd, Pivot ½ L, ¼ Turn L Basic R, Hold, L Rock Behind, Recover

- 1-2 Step Fwd on R, Hold
- &3-4 Lock L Behind R, Step Fwd on R, Turn ½ Pivot L (9.00)
- 5-6 Turn ¼ R make Long Step R to R Side, Hold (6.00)
- 7-8 Rock L Behind R, Recover on R

### Basic L, Hold, Rock Behind, Recover

- 1-2 Long Step L to L Side, Hold
- 3-4 Rock R Behind L, Recover (6:00)

## Part B: 32 Counts

**Start at the diagonal (first time B starts at 6.00/4.30)**

### Walk ½ L, L Walk ¾ L, Shuffle Fwd, Rock Fwd, Together, Back, Back

- 1-2 ½ L Walk on R (end 1.30), ¾ Walk on L (end 9.00)
- 3&4 Step Fwd on R, Step L Next to R, Step Fwd on R
- 5-6& Rock Fwd on L, Recover on R, Step L Next to R
- 7-8 Step Back on R, Step Back on L

### Touch, ½ R Unwind, Pivot ¼ R, Jazzbox Cross

- 1-2 Touch R Back, Unwind ½ R (transferring Weight to R) (3.00)
- 3-4 Step Fwd on L, Pivot ¼ Turn R (6.00)
- 5-6 Cross L Over R, Step Back on R
- 7-8 Step L to L Side, Cross R Over L

### Side Rock ¼ Turn R, Fwd Shuffle, Pivot ½ L, Kick Ball Step

- 1-2 Rock L to L Side, ¼ Turn R Recover on R (9.00)
- 3&4 Step Fwd on L, Step R Next to L, Step Fwd on L

5-6 Step Fwd on R, Pivot ½ Turn L (3.00)  
7&8 Kick R Fwd, Step on Ball of R Next to L, Step Fwd on L

**Heel & Heel & Toe & Heel &, Pivot ¼ Turn L, Kick Ball Change**

1&2& Touch R Heel Fwd, Step R Next to L, Touch L Heel Fwd, Step L Next to R  
3&4& Touch R Slightly Back, Step Slightly Back on R, Touch L Heel Fwd, Step L Next to R  
5-6 Step Fwd on R, Pivot ¼ Turn L  
7&8 Kick R Fwd, Step on Ball of R Next to L, Kick R Fwd (12.00)

**NOTE:**

When you switch from Part B to Part A make a Kick Ball Change Fwd

When you go from Part B to Part B make a Kick Ball Change to the Diagonal

About Part A: 2 times after 16 counts of Part A you will continue Part B. First time at 6.00, the second time at 12.00. Step change: Last section; Count 7&8;  
Instead of the ¼ Turn make a normal Sailor Step, so stay at the same wall.

**About Part B:**

Counts 7&8 from the last section:

When you switch from Part B to Part A, make a Kick Ball Change Fwd

When you go from Part B to Part B, make a Kick Ball Change to the Diagonal

**ENDING:** You end at 6.00 when you finish B for the last time. Make a Pivot ½ Turn L to face 12.00.□

**A personal note about this dance:**

This is a very important song and dance to me.

It's about Bloodlines, and we don't HAVE to follow our Bloodlines.

For me that is about how we all can make the choice to change everything that really stands in our way in a deeper form. For example things that come from our bloodlines. We had no influence on certain things we were taught when we were young. But now we do have... We are in charge.

About the way we look at things and the way we deal with things in our lives.

For me it's also about we are never too late, we always got time, we are always on time. Devine timing.

Sometimes we might feel lonely, but we are never alone. And when you come at a point where you don't see a way out and you feel like the storm keeps on raging. But don't you forget: Life (or God) is not done with you yet! Trust.

Alex and Jelly Roll sing: "Break the chain, that left you scarred. From where you came, isn't who you are."  
And yes, that touches me. We are all capable of breaking chains, we are not the things that we have experienced. We are love. And we are even a little bit more loving to ourself and to others we will make the world a better and more loving place together.

Just remember... You're stronger than you think.

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