

# Running in My Veins

**COPPER** **KNOB**  
BY THE SOUND OF MUSIC

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Janet Cummings (USA) - March 2020

Music: In My Veins - Lauren Alaina. Album: Getting Good - 2:46



**Intro: 16 Counts - No Tags or Restarts - \*\*\*Pattern is Clockwise**

**Weight Starts on Left...**

**SECTION 1: R CROSS STEP, L HITCH, L CROSS STEP, R HITCH; ROCK, RECOVER, SHUFFLE BACK**

1, 2, 3, 4 R Cross Over L-Step, L Hitch, L Cross Over R-Step, R Hitch

5, 6, 7&8 R Rock Forward, L Recover, Shuffle Back (R, L, R)

**NOTE: If Cross Steps/Hitches are difficult, just Cross Step, Touch x2**

**SECTION 2: L ROCK BACK, RECOVER, RIGHT ½ TURN SHUFFLE, R ROCK BACK, RECOVER, TURN ½ LEFT, TURN ½ LEFT (FULL TURN) OR SIMPLY WALK FORWARD X2**

1, 2 L Rock Back, R Recover

3&4 R ½ Turn Shuffle Over R Shoulder

5, 6 R Rock Back, L Recover

7, 8 Turn ½ Left, Step Back on R, Turn ½ Left, Step L (Or...Walk Forward R, L)

**SECTION 3: R ROCK, RECOVER, TURN ¼ RIGHT, CHASSE, L CROSS STEP, HITCH, R CROSS STEP, HITCH**

1, 2, 3&4 R Rock Forward, L Recover, Turn ¼ Right, Chasse/Shuffle Right

5, 6, 7, 8 L Cross R-Step, R Hitch, R Cross L-Step, L Hitch

**SECTION 4: L ROCK, RECOVER, L COASTER STEP, R STEP FORWARD, TURN ½ LEFT, HOOK L, LIGHTLY STEP L, R, L TO SIDES**

1, 2, 3&4 L Rock Forward, R Recover, L Step Back, R Step Back, L Step Forward

5, 6 R Step Forward, Turn ½ Left, Hook L

7&8 Lightly and Quickly Ball Step L, R, L to Sides (These steps stay close to center)

**Thank you for being a part of my God-given journey. Be well and happy, dance until...**

**Contact: [jcumplings246@aol.com](mailto:jcumplings246@aol.com)**