

In the Blood!

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Yvonne Kostorz (DE) - July 2025

Music: In the Blood - John Mayer



Intro: 16 Counts (starting the dance with the vocals)

FW-Side-Back, Back-side-fw (1/4 Turn to R), Step-Low Backhook, Back-Siderock (3/8 turn to R)

12& RF fw-LF side L-RF back
34& LF back-, RF to side R-LF fw (1/4) (03.00)
56 RF fw-LF low hitch
78& LF back, RF side to R (3/8 to R), recover onto L (1/8 to R) (09.00)

Back-Hook, FW-Siderock(1/4 Turn to L) Crossrock- RF Sailor Step (1/2 Turn to R)

12 RF back, LF low Hook cross RF (09.00)
34& LF fw, RF side to R (1/4 to L), recover to LF (06.00)
56& RF cross , recover onto LF, RF sweep to the back
7&8 RF sailor (1/2 Turn to R) (12.00)

Step turn (1/4 to Left), Lock FW scuff (brush)-Step-Cross Behind, Twist Turn (3/4 to L)

1&2 LF fw (1/4 turn to L), draw RF towards LF, RF fw
3&4 LF fw, RF lock behind, LF fw (you can move diagonally)
5&6 RF Scuff (brush) fw, RF fw, LF cross behind RF (03.00)
78 twist Turn (3/4 Turn to L), ending with weight on LF (06.00)

High sweep to the front-Coaster cross, RF side to R, 3 Steps curving (3/4 Turn to L)

12 RF high Sweep from back to the front, RF Cross
3&4 LF back , RF together, LF cross LF
56 RF Step side to R (LF hold pointing to side while turning upper body and head to R)
7&8 LF , RF, LF curving on a small circle to L (3/4 Turn to L) (09.00)

End of the dance is at wall 9 after 16 Counts (Section 2) facing 12.00: 2 X (Six-Count-Tag) after Wall 1 and Wall 3:

12 RF Siderock - recover onto LF
&34 RF together LF - LF siderock - recover onto RF-
&56 LF together RF- RF siderock - recover onto LF

3x (Two-Count-Tag) after Wall 2, Wall 4 and Wall 5:

12 RF siderock -recover onto LF

Enjoy, smile and have fun!

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