

Jack in My Veins

COPPERKNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Rachel Van Heest (USA) - July 2025

Music: Pass the Blame - Kevin Nichols



Begins on the lyrics

Weight starts on the left

TAG between wall 2 and wall 3 facing 6 o'clock

(1-8) Side Rock Right, Weave Left, Side Rock Left, Weave Right ¼ turn

- 1-2 Rock R foot to the R, recover on L foot
- 3&4 Cross R foot behind L, step out L foot to the L, cross R foot in front of L
- 5-6 Rock L foot to the L, recover on R foot
- 7&8 Cross L foot behind R, step out R foot to the R, cross L foot in front of R turning ¼ to 3 o'clock

(9-16) Pop Walk, Forward Mambo, ¼ turn Shuffle Left, ½ turn Shuffle Right

- 1-2 R step fwd while popping left knee, L step fwd while popping right knee
- 3&4 Step R fwd, recover weight onto L in place, step R beside L
- 5&6 ¼ turn to 12 o'clock step L, R to meet L, step L
- 7&8 ½ turn to 6 o'clock step R, L to meet R, step R

(17-24) Sailor x2, Heel Grind ¼ turn, Left Coaster

- 1&2 Cross R foot behind L, step out L to L side, step out with R foot to R side
- 3&4 Cross L foot behind R, step out R to R side, step out with L foot to L side
- 5-6 Rock forward on L heel, arch toe from R to L making a ¼ turn
- 7&8 Step L back, Step R beside L, Step L forward

(25-32) Wizard x2, ½ Pivot x2

- 1-2& Step R forward, lock L behind R, Step R forward
- 3-4& Step L forward, lock R behind L, Step L forward
- 5-6 Step R foot forward, turn 180 over L shoulder
- 7-8 Step R foot forward, turn 180 over L shoulder

*TAG: Side Rock Right, Weave Left, Side Rock Left, Weave Right

- 1-2 Rock R foot to the R, recover on L foot
- 3&4 Cross R foot behind L, step out L foot to the L, cross R foot in front of L
- 5-6 Rock L foot to the L, recover on R foot
- 7&8 Cross L foot behind R, step out R foot to the R, cross L foot in front of R