Neon in My Veins

Compte: 32	**Mur:** 4	**Niveau:** Improver	

Chorégraphe: Aurora de Jong (USA) - September 2019

Musique: I Don't Need Your Rockin' Chair - George Jones

This one is great for seniors because of the song, and because the dance is nice and slow, but also has a couple of sassy improver moves proving they "don't need no rockin' chair!"

[1-8] Step, touch, step, kick, rock, recover, behind, side, cross
1-4	Step R forward (1), touch L toes behind R (2), step L back (3), R does small kick forward (4)
5-8	Rock R to right side (5), recover on L (6), step R behind L (7), step L to left (&), step R across L (8)

[9-16] Rock, recover, ½ turn left, cross, step, heel jack
1-4	Rock L to left side (1), recover on R (2), step L to left side pivoting ½ to the left (now facing 12:00) (3), step R across L (4)
5-8	Step L to left (5), step R behind L (6), step L back (&), extend R heel slightly to the right (7), step R to L (&), step L across R (8)

[17-24] Three sets of side lock steps, stomp, clap
1-6	With R toes pointed toward the 9:00 wall, but body still facing 12:00, step R to right (1), slide L to meet R and slightly bend R knee (2), repeat steps 1 and 2 two more times (3-6)
7-8	Stomp R foot (square to 12:00) (7), stomp L next to R and clap (8)

[25-32] Pivot ½ left, pivot ¼ left, 2 steps back, out & in
1-4	Step R forward (1), pivot ½ left changing weight to L foot (2), step R forward (3), pivot ¼ left changing weight to L foot (4)
5-8	Step R back (5), step L back (6), step R out to right (&), step L out to left (7), return R foot (&), return L foot to R (8)

The song ends after 16 counts of wall 10. For a nice finish, do the following step changes during counts 9-16:
Optional steps 9-16 (WALL 10 ONLY):
1-4	Rock L to left side (1), recover on R (2), step L to left side pivoting ½ to the left (3), step R across L (4) (there are no changes in counts 1-4)
5-8	Step L to left (5), rock R back (6), step L forward (7), step R to right, making a ¼ turn left (8) –

You should now be facing the front wall!