

# My Blood

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver WCS  
編舞者: Ein Merin (INA) & Duma Kristina S (INA) - August 2021  
音樂: My Blood - Westlife



Restart on Wall 3 after 16 count  
Start the dance after 32 counts

## Section 1. Walk RL, Female side pass, Behind -Side-Cross, Rock, Recover

1 - 2            Step R forward, Step L forward  
3&4            1/4 Turn left Step R Side, 1/4 Turn left Cross L over, Step R Back [6]  
5&6            Step L behind, Step R side, Cross L over  
7 - 8            Rock R side, Recover on L

## Section 2. Behind -Side-Cross, Hitch, Cross, Side, 1/2 Turn left, Side, Cross, Sweep

1&2            Step R behind, Step L side, Cross R over,  
3 - 4            Hitch L (4-shape), Cross L over  
5 - 6            Step R side, 1/2 Turn left Step L side [12]  
7 - 8            Cross R over, Sweep L out

(Restart here on Wall 3 by changing the 8th step with Rock L back then recover on R as the next first step)

## Section 3. Cross, side, together, Cross, Turn - Forward, Cross Shuffle, Scissor Step

1&2            Cross L over, Step R side, Close L together  
3 - 4            Cross R over, 1/4 Turn left Step L forward [9]  
5&6            Cross R over, Step L slightly side, Cross R over  
7&8            Step L side, Close R together, Cross L over

## Section 4. Side, Rock Behind, Recover, 1/4 Turn Forward, Behind, recover, Side Behind recover, 1/4 Turn Forward, Behind, recover

1&2            Step R side, Rock L behind, Recover on R  
3&4            1/4 Turn left Step L forward, Rock R behind, Recover on L [6]  
5&6            Step R side, Rock L behind, Recover on R  
7&8            1/4 Turn left Step L forward, Rock R behind, Recover on L [3]

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