

Pulsing Through My Vein

40 count, 4 wall, beginner/intermediate level

Choreographer: Jessica Richards (Wales) Oct 2006

Choreographed to: There She Goes by The La's,

Album: The La's

68 count intro

Behind unwind 3/4, walk, walk, triple full turn

- 1-2 Touch right behind left, unwind 3/4 turn right, weight ends up on right
- 3-4 Walk forward left, right
- 5-6 Rock forward on left, recover on right
- 7&8 Triple full turn left

Point, sweep 1/2 turn, hip rock recover, chasse

- 1-2 Point right toe out to right side, step right next to left
- 3-4 Sweep left over right making half turn right
- 5-6 Rock right hip diagonally forward right, recover on left
- 7&8 Step right diagonally forward, step left beside right, Step right diagonally forward

Toe strutting jazz box 1/4 turn, step side, rock, recover

- 1-2 Touch left toe over right, strut left heel down
- 3-4 Strut right toe back making quarter turn left, strut right heel down
- 5-6 Step left to left side, hold
- 7-8 Rock back on right, recover on left

Kick x2, sailor 1/2 turn, kick x 2, sailor 1/4 turn

- 1-2 Kick right diagonally forward twice
- 3&4 Cross right behind left, Step left to left side turning 1/2 right, step right to right place
- 5-6 Kick left diagonally forward twice
- 7&8 Cross left behind right, step right to right side turning 1/4 turn right, step left to place

Walk, walk, back shuffle, rock recover, forward shuffle

- 1-2 Walk back right, left
- 3&4 Step back on right, step left beside right, step back on right
- 5-6 Rock back on left, recover on right
- 7&8 Step forward on left, step right next to left, step forward on left