

It Turns Me Inside Out

Count: 32

Wand: 4

Ebene: Improver - NC

Choreograf/in: Imam Wahyudi (INA) - December 2024

Musik: It Turns Me Inside Out - Will Claase



Start on vocals, intro 16 counts, no tag no retart

SEC.I - BASIC NIGHTCLUB, CONTINUE SYNCOPATED WEAVE, SIDE ROCK CROSS

- 1- Take big side LF to Left side
- 2- Drag RF slightly behind LF
- &- Cross LF over RF
- 3- Take big side RF to Right side
- 4- Drag LF slightly behind RF
- &- Cross RF over LF
- 5- Step LF to Left side
- &- Cross RF behind LF
- 6- Step LF to Left side
- &- Cross RF over LF
- 7- Step LF to Left side
- &- Recover on RF
- 8- Cross LF over RF

SEC.II - VINE RIGHT WITH 1/4 TURN RIGHT, PIVOT 1/4 TURN RIGHT, CROSS-SIDE-CROSS, RECOVER, BALL SIDE, CROSS ROCK, RECOVER, WALK 1/4 TURN RIGHT

- 1- Step RF to Right side
- &- Cross LF behind RF
- 2- Step 1/4 turn Right stepping RF fwd
- 3- Step LF fwd
- &- Pivot 1/4 turn Right
- 4- Cross LF over RF
- &- Step RF to Right side
- 5- Cross LF over RF
- 6- Recover on RF
- &- Ball step LF to Left side
- 7- Step RF fwd & cross
- 8- Recover on LF
- &- Step 1/4 turn Right stepping RF fwd
- 1- Step LF fwd

SEC.III - CONTINUE LOCKSTEP FWD, PIVOT 1/2 TURN LEFT, FULL TURN RIGHT (MOVING FWD) TOGETHER

- 2- Step RF fwd
- &- Lock LF behind RF
- 3- Step RF fwd
- &- Step LF fwd
- 4- Lock RF behind LF
- &- Step LF fwd
- 5- Step RF fwd
- &- Pivot 1/2 turn Left
- 6- Step RF fwd
- 7- Make a 1/2 turn Right stepping LF back
- &- Make a 1/2 turn Right stepping RF fwd

- 8- Step LF fwd
- &- Step RF together

SEC.IV - PRESS FWD LEFT DIAG. RECOVER, CROSS BEHIND. STEP 1/4 TURN RIGHT, ROCK STEP FWD, RECOVER, STEP 1/2 TURN RIGHT, TURN 3/4 LEFT, CROSS

- 1- Press ball up fwd Left diagonal
- 2- Recover on RF while sweeping LF from front to back
- 3- Cross LF behind RF
- &- Step 1/4 turn Right stepping RF fwd
- 4- Step LF fwd
- &- Step RF fwd
- 5- Recover on LF
- &- Step 1/2 turn Right stepping RF fwd
- 6- Step LF fwd
- 7- Make a 1/2 turn Left stepping RF back
- &- Turn 1/4 Left step LF to Left side

Cross RF over LF

Begin again, enjoy & have fun!
Happy Merry Christmas & Happy New Year

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