

Inside Your Heart

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Phil Austin (UK)

Musik: Locked Inside Your Heart - Barry Upton & Wild At Heart



CROSS SHUFFLE, SWAY, SWAY, CROSS SHUFFLE, SWAY, SWAY

- 1&2 Cross left over right, step right to right side, cross left over right
3-4 Step right to side and sway hips to right, sway hips to left
5&6 Cross right over left, step left to left side, cross right over left
7-8 Step left to side and sway hips to left, sway hips to hips

SIDE SHUFFLE, STEP, SWEEP ¾ TURN, SHUFFLE FORWARD, SLIDE

- 1&2 Step left to side, step right to left, step left to side
3-4 Step left to left, sweep right toe around ¾ turn and tap in front of left
5&6 Step forward right, step left to right, step forward right
7-8 Step left to side, slide right to left do not put weight onto it!

CROSS, UNWIND, CROSS, TAP, CROSS, TAP, CROSS SHUFFLE

- 1-2 Cross right over left, unwind ½ turn over left shoulder
3-4 Cross right over left, tap left to side
5-6 Cross left over right, tap right to side
7&8 Cross right over left, step left to side, cross right over left

SIDE SHUFFLE, ROCK, RECOVER, TURN SHUFFLE, ROCK, RECOVER

- 1&2 Step left to side, step right to left, step left to side
3-4 Rock back right, recover weight onto left
5&6 While making an ½ turn over left shoulder, step feet right, left, right and travel forward
7-8 Rock back left, recover weight onto right

REPEAT
