

# Inside Out

Count: 40

Wall: 4

Level: Improver

Choreographer: Carol Bates (UK) - February 2011

Music: Inside Out - Imelda May



## **Forward, hold, side together, back, back, shuffle ½ turn right**

- 1 - 2 Step forward left, hold
- 3 - 4 Step right to right side, step left next to right
- 5 - 6 Step back on right, step back on left
- 7 & 8 Step right ¼ right, step left next to right, Turn ¼ right stepping forward on right

## **Left mambo forward, right forward rock, side rock, back rock turn ¼ right triple full turn right**

- 1 & 2 Rock forward on left, recover on right, step left next to right
- 3&4& Rock forward on right, recover on left, rock right to right side, recover on left
- 5 & 6 Rock back on right, recover on left, turn ¼ right stepping right forward
- 7 & 8 Turn ½ right stepping back on left, turn ½ turn right stepping forward on right, step left next to right

## **Step out right, left, step in right, touch left next to right, shuffle ¼ turn left, right mambo forward recover ¼ right**

- 1 - 2 Step right to right side, step left to left side
- 3 - 4 Step in on right, touch left next to right

### **RESTART HERE ON WALL 3**

- 5 & 6 Turn ¼ left stepping forward on left, step right next to left, step forward on left
- 7 & 8 Rock forward on right, recover on left, turn ¼ right stepping on right

## **Left shuffle, mambo ¼ right, triple full turn right, jazz box ¼ right**

- 1 & 2 Step forward on left, step right next to left, step forward on left
- 3 & 4 Rock forward on right, recover on left, turn ¼ right stepping forward on right
- 5 & 6 Turn ½ right stepping back on left, turn ½ turn right stepping forward on right, step left next to right
- 7 & 8 Cross right over left, turn ¼ right stepping back on left, step right to right side

## **Extended weave right, hold**

- 1 - 2 Cross left over right, step right to right side
- 3 - 4 step left behind right, step right to right side
- 5 - 6 Cross left over right, step right to right side
- 7 - 8 Touch left next to right, hold

**Restart on wall 3 after count 20**

**Happy dancing**

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