

Inside Out

Compte: 64

Mur: 2

Niveau: Intermediate/Advanced



Chorégraphe: Yvonne Anderson (SCO)

Musique: Inside Out - Bryan Adams

ROCK, RECOVER, 1 ¼ TRIPLE TURN LEFT, CROSS ROCK, RECOVER, RIGHT SAILOR

- 1-2 Rock left forward, recover weight on right
3&4 Make 1 ¼ triple turn left stepping left, right, left (9:00)
5-6 Rock right across left, recover weight on left and begin to sweep right from front to back
7&8 Step right behind left, & step left to left, step right to right

STEP-ROCK-RECOVER, STEP-ROCK-RECOVER, POINT, CROSS, POINT, CROSS

- 1-2& Step left to left (long step), rock right behind left, & recover weight on left
3-4& Step right to right (long step), rock left behind right, & recover weight on right
5-6 Point left to left, step left across right
7-8 Point right to right, step right across left

STEP LEFT FORWARD, SWEEP ½ TURN LEFT, FORWARD RIGHT SHUFFLE, ¾ TRIPLE TURN RIGHT, SIDE-TOGETHER-FORWARD

- 1-2 Step left forward, on ball of left make ½ turn left sweeping right out and around (3:00)
3&4 Shuffle forward stepping right, left, right
5&6 Make ¾ turn right stepping left right, left (12:00)
7&8 Step right to right, & step left beside right, step right forward

STEP LEFT FORWARD, ½ TURN RIGHT STEPPING RIGHT BACK, LEFT COASTER, STEP RIGHT FORWARD, ½ TURN RIGHT, STEPPING LEFT BACK RIGHT COASTER

- 1-2 Step left forward, on ball of left make ½ turn right stepping right back (6:00)
3&4 Step left back, & step right beside left, step left forward
5-6 Step right forward, on ball of right make ½ turn right stepping left back (12:00)
7&8 Step right back, & step left beside right, step right forward

STEP-ROCK-RECOVER, STEP-ROCK-RECOVER, POINT, CROSS, POINT, CROSS

- 1-2& Step left to left (long step), rock right behind left, & recover weight on left
3-4& Step right to right (long step), rock left behind right, & recover weight on right
5-6 Point left to left, step left across right
7-8 Point right to right, step right across left

SIDE, ¼ TURN RIGHT, CROSS SHUFFLE, ROCK, RECOVER, BEHIND-SIDE-FORWARD

- 1-2 Step left to left, make ¼ turn right stepping right to side (3:00)
3&4 Step left across right, step right to right, step left across right
5-6 Rock right to right, recover weight on left
7&8 Step right behind left, & step left to side, step right forward

STEP-½ TURN RIGHT-STEP, FULL TRIPLE TURN LEFT, ROCK RECOVER, MODIFIED SAILOR TURN ¼ LEFT

- 1&2 Step left forward, & on ball of right make ½ turn right, step left forward (9:00)
3&4 Make a full turn left (traveling forward) stepping right, left, right
5-6 Rock left forward, recover weight on right
7&8 Step left behind right, & making ¼ turn left step ball of right to right, using a push off from ball of right step left to left long step (6:00)

BEHIND-SIDE-FRONT, SIDE ROCK, RECOVER, BEHIND-SIDE-FRONT, SIDE, DRAW

1&2 Step right behind left, & step left to left, step right across left
3-4 Rock left to side, recover weight on right
5&6 Step left behind right, & step right to right, step left across right (12:00)
7-8 Step right to right, draw left to right and touch (6:00)

REPEAT
