

# Hell Inside Me

**COPPER KNOB**  
BYEFOOTETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Dona Red (USA) - March 2016  
音乐: Texas As Hell - Miranda Lambert



**Intro: 8 counts**

**HEEL RIGHT , RECOVER, HEEL LEFT, RECOVER, MONTEREY ½ TURN**

1&2&      Right heel forward, recover, left heel forward, recover  
3&4&      Point right toe right side, recover, point left toe left side, recover  
5&6&      Right heel forward, recover, left heel forward, recover  
7&8&      Point right to right, ½ turn right step right beside left, point left to left, step left beside right

**HEEL RIGHT , RECOVER, HEEL LEFT, RECOVER, MONTEREY ½ TURN**

1&2&      Right heel forward, recover, left heel forward, recover  
3&4&      Point right toe right side, recover, point left toe left side, recover  
5&6&      Right heel forward, recover, left heel forward, recover  
7&8&      Point right to right, ½ turn right step right beside left, point left to left, step left beside right

**SIDE ROCK STEP- HOLD RIGHT AND LEFT, STEPS FORWARD**

1&2&      Side rock right, recover, cross right over left, hold  
3&4&      Side rock left, recover, cross left over right, hold  
5-6      Step right forward, step left forward  
7&8&      4 steps forward: right-left-right-left

**STEP LOCK STEP RIGHT AND LEFT FORWARD, KICK, FLICK & SLAP, ROCK STEP BACK, STOMP**

1&2      Step right forward, lock left behind, step right forward  
3&4      Step left forward, lock right behind, step left forward  
5-6      Kick right forward, flick & slap right side turning ¼ left  
7-8      Rock right back (jumping) & kick left forward, stomp left

**RESTART**

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