

# Ins and Outs

拍数: 32      墙数: 4      级数: High Beginner  
编舞者: Duma Kristina S (INA) - January 2022  
音乐: Ins and Outs (Bruno Martini Remix) - Sofia Carson



Intro: 16 counts

## S1: Walk RL, Kick step touch, Sailor, ¼ R Sailor

1 2            Step RF forward (1), Step LF forward (2)  
3&4           Kick RF forward (3), Step RF next to L (&), Touch LF side (4)  
5&6           Step LF behind RF (5), Step RF slightly to R (&), Step LF to Side (6)  
7&8           1/4 turn R step RF behind LF (7) 3.00, Step LF next to LF (&), Step RF forward (8)

## S2: Forward rock, Recover, ½ shuffle L, Hip bump ½ L, Hip bump

1 2            Rock LF forward (1), Recover on RF (2)  
3&4           ¼ turn L stepping LF to L side (3), Step RF next to LF (&), ¼ turn L stepping LF forward (4)  
                 9.00  
5&6           Touch RF forward hip up weight on L (5) hips down (&) Drop RF weight on RF (6)  
&7&8          ½ turn L (&) 3.00, touch LF forward, hips up (7), Hips down (&), drop RF weight on LF (8)

## S3: Forward rock, Recover, Coaster step, Forward, ¼ Pivot R, Cross shuffle

1 2            Rock RF forward (1), Recover on L (2)  
3&4           Step RF back (3), Step LF next to RF (&), Step RF forward (4)  
5 6            Step LF forward (5), ¼ turn R weight on R (6) 6.00  
7&8           Cross LF over RF (7), Step RF to R side (&) Cross LF over RF (8)

## S4: Side rock, Recover, Behind, Side, Cross, ¾ turn L, Walk, Walk, Shuffle

1 2            Rock RF side (1), Recover on L (2)  
3&4           Step RF behind LF (3), Step LF to L side (&), Cross RF over LF (4)  
5 6            ¼ turn L stepping LF forward (5) 3.00, ¼ turn L stepping RF forward (6), 12.00  
7&8           ¼ turn L stepping LF forward (7) 9.00, Step RF next to LF (&), Step LF forward (8)

Tag: End of wall 3 (3.00) & wall 6 (6.00)

### V step

1 2 3 4            (out, out, in, in)

Contact: [dksiagian20@gmail.com](mailto:dksiagian20@gmail.com)