

In da House!

拍数: 32 墙数: 4 级数: High Intermediate
编舞者: Shane McKeever (N.IRE), Fred Whitehouse (IRE), Jean-Pierre Madge (CH),
Guillaume Richard (FR), Dee Musk (UK) & Niels Poulsen (DK) - September 2022
音乐: In the House - Outasight : (iTunes)



Intro: 16 counts from clear intro beat in the track. App. 12 secs. into track. Start with weight on L
NOTE: NO TAGS – NO RESTARTS!!!

[1 – 9] Out RL, R coaster, ¼ R side L, tap behind, ¼ R fwd, ¼ R side, behind side cross sweep

- 1 – 2 Step R out to R side (1), step L out to L side (2) ... Styling: roll your hips when stepping out 12:00
- 3&4 Step R back (3), step L next to R (&), step R fwd (4) 12:00
- &5 Turn ¼ R stepping L to L side (&), tap R behind L (5) ... Styling: look to the L on count 5 3:00
- 6 – 7 Turn ¼ R stepping R fwd (6), turn ¼ R stepping L to L side (7) 9:00
- 8&1 Cross R behind L (8), step L to L side (&), cross R over L sweeping L out to L side (1) 9:00

[10 – 1] 6 Cross over, V-step on heels, R&L heel switches, fwd R, swivel heels R and back

- 2 Cross L over R (2) 9:00
- 3&4& Step fwd on R heel to R diagonal (3), step fwd on L heel to L diagonal (&), step R back to centre (4), step L next to R (&) 9:00
- 5&6& Touch R heel fwd (5), step R next to L (&), touch L heel fwd (6), step L next to R (&) 9:00
- 7&8 Place R fwd (7), swivel both heels out R (&), swivel heels back to centre again making sure the weight is on L (8) 9:00

[17 – 24] Big step back R, slide L, ball cross ¼ R, ¼ L, ½ L sweep R, cross behind, R chasse

- 1 – 2 Step R a big step back (1), slide L towards R (2) 9:00
- &3 – 4 Step L next to R (&), turn ¼ R crossing R over L (3), turn ¼ L stepping L a small step fwd (4) 9:00
- 5 – 6 Turn ½ L stepping back on R sweeping L out to L side (5), cross L behind R (6) 3:00
- 7&8 Step R to R side (7), step L next to R (&), step R to R side (8) 3:00

[25 – 32] 1/8 R cross tap & press, recover 1/8 L sweep, L coaster, ¼ L hip & sit, run ¾ L around

- &1 – 2 Turn 1/8 R tapping L over R (&), press L fwd (1), recover on R with 1/8 L sweeping L out to L side (2) 3:00
- 3&4 Step back on L (3), step R next to L (&), step L fwd (4) 3:00
- 5&6 Turn 1/4 left hitching R knee bumping R hip up to right (5), step R toe to right returning hips to centre (&), lower R heel shifting weight to R bumping R hip down into a sit position (6) ...
- Styling: look to the R (towards 3:00) on count 6. Your 3 o'clock wall will be your new wall □ 12:00**
- 7&8 Turn ¼ L stepping L fwd (7), turn ¼ L stepping R fwd (&), turn ¼ L stepping L fwd (8) 3:00

Start again

**Ending Wall 9 is your last wall (starts at 12:00). Do up to and including count 30 (the hip and sit).
Finish the dance running a full turn L to face 12:00 again ... 12:00**