

# Suffering Inside

拍数: 16      墙数: 4      级数: Low Intermediate  
编舞者: Jean-Pierre Madge (CH) - October 2023  
音乐: Happy People - X Ambassadors, Teddy Swims & Jac Ross



## Intro 16 counts

### Cross, Side, Behind, 1/2L Sweep, Cross, Side, Behind, 3/4L Sweep, Cross, Point, Step, Hitch, Coaster Step, Step pivot 1/2R

- 1&a2      Cross R over L (1) Step L to L (&), Step R behind L (a), 1/4L Step L forward and Sweep R around to do another 1/4 L (2) 6'00
- 3&a4      Cross R over L (3), Step L to L (&), Step R behind L (a), 1/4L Step L forward and Sweep R around to do another 1/2 L (4) 9'00
- 5&6&      Step R forward slightly into the L diagonal (5), Point L to L (&), Step L forward (6), Hitch R knee,
- 7&a8      R step back (7), Step L next R (&), Step R forward (a), Step L forward and pivot 1/2 R keeping weight into L foot (8)

### Twinkle L, Step Kick, Coaster Step, Step 1/2L Arabesque, Back Step, Back Rock, Run Run Run, Cross Rock side

- 1&a2      Cross R over your L (1), Side Rock L to L (&), Recover with 1/8R (a), as you Step L forward, Low Kick R forward (2) 4'30
- 3&a4      Step R back (3), Step L next to R (&), Step R forward (a), as you Step L forward, you do a 1/2L and kick R back (4), 10'30
- 5-6      Step R back (5), Rock L back (6)
- 7&a8&a      run R,L,R forward (7&a), Cross Rock L forward(8), Recover (&), turn 1/8L Step L to L (a)

### After the 4th wall and facing 12, you have a tag

#### TAG : Step, 1/2L, Step, 1/2L

- 1-2      Facing the L Diagonal, Step R forward (1), 1/2L Step L forward (2)
- 3-4      Step R forward (3), 1/2L Step L forward (4)

Smile and start the dance again !

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