

# On The Inside

拍数: 56      墙数: 2      级数:  
编舞者: Lorraine Deering (AUS)  
音乐: On The Inside - Bob Howe



## SIDE, ROCK, SHUFFLE ACROSS, SIDE, ROCK, SHUFFLE ACROSS

1-2      Step right to the side, rock onto left  
3&4      Shuffle across in front of left right-left-right  
5-6      Step left to the side, rock onto right  
7&8      Shuffle across in front of right left-right-left

## HEEL & HEEL & DOUBLE HEEL, & HEEL & HEEL & DOUBLE HEEL

1&      Touch right heel at 45 degrees, step right together  
2&      Touch left heel at 45 degrees, step left together  
3-4      Touch right heel at 45 degrees & clap, touch right heel at 45 degrees & clap  
&5&      Step right together, touch left heel at 45 degrees, step left together  
6&      Touch right heel at 45 degrees, step right together  
7-8      Touch left heel at 45 degrees & clap, touch left heel at 45 degrees & clap

## SIDE SHUFFLE, BACK, ROCK FORWARD, SIDE SHUFFLE, BACK, ROCK FORWARD

1&2      Side shuffle left left-right-left  
3-4      Step right behind left, rock forward onto left  
5&6      Side shuffle right right-left-right  
7-8      Step left behind right, rock forward onto right

## ½ TURN SHUFFLE, BACK, ROCK FORWARD

1&2      Shuffle forward turning ½ turn right left-right-left  
3-4      Step right back, rock forward onto left

## STOMP, KICK, SAILOR STEP, STOMP, KICK, SAILOR STEP

1-2      Stomp right together, kick right at 45 degrees  
3&4      Sailor: step right beside left, step left to the side, step right to the side  
5-6      Step left together, kick left at 45 degrees  
7&8      Sailor: step left behind right, step right to the side, step left to the side

## MONTEREY TURN, MONTEREY TURN

1-2      Touch right toe to the side, turn ½ turn right step right together  
3-4      Touch left toe to the side, step left together  
5-6      Touch right toe to the side, turn ½ turn right step right together  
7-8      Touch left toe to the side, step left together

## TOUCH, HOOK, SHUFFLE FORWARD, TOUCH, HOOK, SHUFFLE FORWARD

1-2      Touch right heel at 45 degrees, hook right heel to left knee  
3&4      Shuffle forward right-left-right  
5-6      Touch left heel at 45 degrees, hook left heel to right knee  
7&8      Shuffle forward left-right-left

## FORWARD, ROCK BACK, FULL TURN TRIPLE STEP

1-2      Step right forward, rock back onto left  
3&4      Turn full turn right triple step right-left-right  
&      Take weight onto left

REPEAT

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