The Inner Circle

拍数: 40	墙数: 4	级数: Improver
编舞者: Dan Testa (USA)		
音乐: The Inner Light - The Beatles		

The count-in is quick when using "The Inner Light" by The Beatles. The song begins with a droning note. After about 2 seconds, a sitar plays 4 counts of music. Then, drums and other instruments join in. The DJ should count 5,6,7,8 over the 4 counts of sitar. The dancers start when the drums come in. There are rhythm breaks (where there is just the droning note) right before each vocal section. Keep dancing at the same speed during these breaks. The first vocal section starts as the second dance pattern starts. The second vocal section starts with count 21 of the fourth dance pattern. The music ends at about count 5 of the seventh pattern

SIDE ROCK, SIDE SHUFFLE, CROSS ROCK, SIDE SHUFFLE (WITH A TURN)
1-2	Rock right to side, recover left in place
3&4	Side shuffle to the right (right-left-right)
5-6	Rock left crossing in front, recover right in place
7&8	Side shuffle to the left (left-right-left) while turning ¼ left

STEP PIVOT STEP, SAILOR STEP, CROSS, TURN, SAILOR STEP
9-10	Step right forward, pivot turn ¼ left
11	Step right in place
12&13	Left sailor step (left behind, right in place, left to side)
14-15	Cross right over left, unwind left ½ turn (weight on left)
16&17	Right sailor step (right behind, left in place, right to side)

BEHIND SIDE CROSS, KICK BALL CHANGE, SIDE ROCK, CROSS SHUFFLE
18-19	Step left behind right, step right to side
20	Step left crossing in front
21&22	Kick ball change right
23-24	Rock right to side, recover left in place
25&26	Cross right over left, slide left next to right, cross right over left

(TURN) ROCK, STEP (TURN), LEFT SHUFFLE, STEP PIVOT
&27	Turn ¼ left (without shifting weight), rock left forward
28&	Recover right in place. Turn ½ left (without shifting weight)
29&30	Left shuffle forward (left-right-left)
31-32	Step right forward, pivot turn ½ left

WALK, LEFT SHUFFLE, STEP PIVOT, RIGHT SHUFFLE, WALK
33	Walk forward right
34&35	Left shuffle forward (left-right-left)
36-37	Step right forward, pivot turn ½ left
38&39	Right shuffle forward (right-left-right)
40	Walk forward left

REPEAT