

Inner Smile

拍数: 56 墙数: 4 级数: Intermediate
编舞者: Kim Ray (UK)
音乐: Inner Smile - Texas



KICK & SIDE SWITCHES & TOUCH FORWARD, HIP BUMPS & HITCH

1&2 Kick right forward, step right next to left, touch left toe to left side
& Step left next to right
3&4 Touch right toe forward, step right next to left, touch left toe forward (leaning slightly back)
5&6 Stepping forward on left bump hips forward, back, forward (leaning slightly forward)
7&8 Bring weight back onto right foot bump hips back, forward, hitch left knee taking weight on right (leaning slight back)

SHUFFLE FORWARD, ½ PIVOT TURN STEP, WALK FORWARD, LEFT SHUFFLE

1&2 Shuffle forward left, right, left
3&4 Step forward on right, ½ pivot turn left, step forward on right
5-6 Walk forward left and right
7&8 Shuffle forward left, right, left

FORWARD MAMBO, TOUCH BACK, ½ TURN LEFT, ¾ TURN, CROSS SHUFFLE

1&2 Rock forward on right, recover back on left, step back on right
3-4 Touch left toe back, ½ turn left (weight now on left)
5-6 ½ turn left stepping back on right, ¼ turn left stepping left to left side
7&8 Cross right over left, step left to left side, cross right over left

SIDE ROCK/RECOVER, WEAWE, ½ TURN LEFT, CROSS SHUFFLE

1-2 Side rock left, recover on right
3&4 Cross left behind right, step right to right side, cross left over right
5-6 ¼ turn left stepping back on right, ¼ left stepping left to left side
7&8 Cross right over left, step left to left side, cross right over left

SIDE ROCK/RECOVER, WEAWE, SIDE ROCK/RECOVER, SAILOR STEP

1-2 Rock out side left, recover in on right
3&4 Cross left behind right, step right to right side, cross left in front of right
5-6 Rock out side right, recover in on left
7&8& Step right behind left, step left to left side, step forward on right, step left next to right

Restart here during wall 2 (facing front) and wall 5 (facing 3:00)

BALL POINT FORWARD, POINT SIDE, SIDE SWITCHES, COASTER STEP, ½ PIVOT TURN RIGHT

1-2 Point right toe forward, point right toe to right side
&3&4 Step right next to left, point left to left side, step left next to right, point right to right side
5&6 Step back on right, step left next to right, step forward on right
7-8 Step forward on left, ½ pivot turn right

SIDE ROCK & CROSSES TWICE, WALK FULL TURN LEFT & TOUCH

1&2 Side rock left, recover on right, cross left over right
3&4 Side rock right, recover on left, cross right over left (preparing to walk full turn left)
5-8 Turning left: walk making full circle stepping left, right, left touch right next to left

REPEAT