

Inside Out

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Deb Crew (CAN)
音乐: Inside Out - Bryan Adams



½ VINE RIGHT, SYNCOPATED RIGHT VINE, ½ VINE LEFT, SYNCOPATED LEFT VINE

If floor space allows, travel generously for steps 3&4 and 7&8

1-2 Step side right, step left behind right
3&4 Step side right & step left behind right, step side right
5-6 Step side left on left, step right behind left
7&8 Step side left on left & step right behind left, step side left on left

FORWARD STEP, LOCK, STEP-LOCK-STEP, ROCK-STEP, LEFT/2 TURNING LEFT SHUFFLE

If floor space allows, travel generously for steps 3&4

1-2 Step forward on right, lock left in behind right
3&4 Step forward on right & quickly lock left in behind right, step forward on right
5-6 Rock forward onto left, step back in place on right
7&8 ½ turning shuffle to the left: left & right, left

STEP & FULL TURN, STEP FORWARD, ROCK-STEP, COASTER-STEP, ROCK-STEP

1-2 Step forward on ball of right and execute a full turn left, step forward on left
3-4 Rock forward on right, step back in place on left
5&6 Step back on right & quickly step left beside right, step forward on right
7-8 Rock forward on left, step back in place on right

COASTER-STEP, TWINKLES, HOLD, QUICK-STEP

1&2 Step back on left & step right beside left, step forward on left
3&4 Rock side right on right & quickly step left in place, step left across right
5&6 Rock side left on left & quickly step right in place, step right across left
7-8 Step side right onto right, hold position for one beat
& Quickly step left beside right to start dance from beginning

REPEAT
