

# Inside Your Heaven

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate nightclub  
编舞者: Masters In Line (UK)  
音乐: Inside Your Heaven - Carrie Underwood



## LEFT SIDE, BACK ROCK, ¼ TURN RIGHT, LEFT SIDE CROSS ¼ TURN STEPPING BACK, SIDE, CROSS, SIDE ROCK CROSS

- 1-2&      Step left to left side, rock back on right (slightly behind left), recover weight onto left stepping slightly in front of right
- 3-4&      Make ¼ turn right stepping forward on right, step left to left side, cross right over left (3:00)
- 5-6&      Make ¼ turn right stepping back on left, step right to right side, cross left over right (6:00)
- 7&8&      Rock right to right side, recover weight onto left, cross right over left, step left to left side

## CROSS RIGHT BEHIND WITH SWEEP, LEFT BEHIND, SIDE, CROSS WITH SWEEP, CROSS SHUFFLE INTO RIGHT CROSS ROCK, LEFT CROSS ROCK WITH ¼ TURN

- 1&      Cross right behind left, sweep left foot around anti to the right (no weight)
- 2&      Cross left behind right, step right to right side
- 3&      Cross left in front of right, sweep right foot around to the left (no weight)
- 4&      Cross right in front of left (angle body to left diagonal), step left next to right
- 5-6      Cross rock right over left (body still angled to left diagonal), recover weight back onto left
- &7      Step right next to left, cross rock left over right (body angled to right diagonal)
- 8&      Recover weight onto right, make ¼ turn left on ball of right stepping forward on left (3:00)

## RIGHT SIDE, LEFT BACK ROCK, TURN ¼, ½, WALK, WALK, ROCK FORWARD, STEP BACK, RIGHT COASTER INTO FORWARD SHUFFLE

- 1-2&      Step right to right side, rock back on left (slightly behind right), recover weight onto right stepping slightly in front of left
- 3&      Make ¼ turn right stepping back on left, make ½ turn right stepping forward on right (12:00)
- 4&      Step forward on left, step forward on right
- 5-6      Rock forward on left, recover weight back onto right
- &7&8&      Step back on left, step back on right, step left next to right, step forward on right, step left next to right

## STEP FORWARD, ¼ TURN RIGHT SWEEPING LEFT, LEFT CROSS SHUFFLE WITH SWEEP, RIGHT CROSS SHUFFLE, LEFT SIDE ROCK CROSS, ½ TURN LEFT

- 1&      Step forward on right, make ¼ turn right on ball of right sweeping left in ronde (3:00)
- 2&      Cross left over right, step right next to left
- 3&      Cross left over right, sweep right foot around in front of left (no weight)
- 4&5      Cross right over left, step left next to right, cross right over left
- 6&      Rock left to left side, recover weight onto right
- 7&      Cross left in front of right, make ¼ turn left stepping back on right (12:00)
- 8&      Make ¼ turn left stepping left to left side, cross right over left (9:00)

**REPEAT**