

Inside, Out

拍数: 0 墙数: 4 级数: Intermediate
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音乐: Seems Like - Honeyz



Sequence: A B, A BB, A B

PART A

ROCK FORWARD & BACK, SIDE CHASSE, STOMP LEFT, KICK LEFT

1-2 Rock forward onto right, rock weight back onto left
3-4 Rock back onto right, rock weight forward onto left
5&6 Step right to right side, step left beside right, step right to right side
7-8 Stomp left beside right, kick left forward

ROCK FORWARD & BACK, SIDE CHASSE, STOMP RIGHT TWICE, KICK RIGHT

1-2 Rock forward onto left, rock weight back onto right
3-4 Rock back onto left, rock weight forward onto right
5&6 Step left to left side, step right beside left, step left to left side
7&8 Stomp right beside left twice, kick right forward twice

HEEL GRIND, ROCK STEP, DIAGONAL TOUCHES

&1-2 Step right beside left, grind left heel forward, rock weight back onto right
3-4 Rock back onto left, rock weight forward onto right
5-6 Step left forward to left diagonal, touch right beside left
7-8 Step right forward to right diagonal, touch left beside right

ROLLING VINE LEFT, 2 STEP ½ PIVOT TWICE

1-2 Step left to left side into a ¼ turn left, step right to right side into a ¼ turn right
3-4 Step left to left side into a ¼ turn left, step right to right side into a ¼ turn right
5-6 Step right forward, pivot ½ turn over left shoulder
7-8 Step right forward, pivot ½ turn over left shoulder

SYNCOPATED ROCK STEP WITH A KICK, SYNCOPATED SIDE ROCK, FLICK INTO A ¼ TURN LEFT

1&2 Rock forward onto right, rock weight back onto left, kick right forward
3&4 Rock right to right side, rock weight back onto left side
4 Flick right foot to right side in an upwards motion behind body while turning a ¼ turn left on ball of left foot
5&6 Step right forward, step left beside right, step right forward
7&8 Step left forward, step right beside left, step left forward

2 SNAKE ROLLS TO THE RIGHT THEN LEFT, STOMPS FORWARD RIGHT THEN LEFT, CLAP, CROSS, UNWIND

1&2 Do a snake roll to right side (use arms for attitude)
3&4 Do a snake roll to left side (use arms for attitude)
5&6 Stomp right forward, step left forward, clap
7-8 Cross right over left, unwind a full turn over left shoulder

SIDE TOUCHES, HEEL SWITCHES, SWIVET WITH A SCUFF

1-2 Touch right to right side, hold for (1) count
& Step right beside left
3-4 Touch left to left side, hold for (1) count
&5 Step left beside right, touch right heel forward

- &6 Step right beside left, touch left heel forward
- & Step left beside right
- 7 Weight on left heel & right toe: swivel left toe left & right heel to right
- &8 Swivel back to center, scuff right heel forward

JAZZ BOX, TOUCH SCOOT STEPS, STEP ¼ TURN

- 1-3 Cross right over left, step back on left, step right to right side
- 4 Jump forward with both feet together
- 5& Touch right toe behind left while scooting back on left, step right back
- 6& Touch left toe behind right while scooting back on right, step left back
- 7-8 Step right forward, pivot a ¼ turn left

PART B

WALKS, SAILOR STEP, BODY ROLL, KICK HOOK

- 1-2 Walk forward; right, left
- 3&4 Cross-step right behind left, step left to left side, step right to right side
- 5-6 Do a body roll leading from toe to head
- 7-8 Kick left forward, hook left across right shin

STEP LOCK, SIDE TOUCHES, KNEE ROLL, KNEE POPS

- 1-2 Step left forward, lock step right behind left
- 3&4 Touch right toe to right side, cross-step right over left, touch left toe to left side
- 5-6 Roll left knee to the left (one rotation)
- 7&8 Pop knees forward: right, left, right

MASHED POTATOES, STEP SLIDE, KNEE ROLL

- 1& Split both heels apart, split both heels together sliding left foot back
- 2& Split both heels apart, split both heels together sliding right foot back
- 3& Split both heels apart, split both heels together sliding left foot back
- 4& Split both heels apart, split both heels together sliding right foot back
- 5-6 Step left to left side, slide right next to left
- 7-8 Circle knees to the left, keeping knees & feet close together

On counts (7-8) they only rotate once over (2) counts, so it needs to be done slowly!

HANDWORK

- 1 Stretch both arms out at shoulder level with palms facing down
 - 2 Swing arms inwards so fingertips are facing upwards
 - 3-4 In front of your body: cross right arm over left with wrists inwards until they are in there original position
 - 5 Touch right toe to right side while punching arms down
 - 6 Hitch right knee with arms crossed in front of your body, right over left
 - 7-8 Touch right toe forward, touch right toe to right side while punching arms down
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