

Inner Voice

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Dee Musk (UK) - October 2007
音乐: Nobody Knows - P!nk : (Album: Pink I'm Not Dead)



Intro: 16 Counts - start just after main vocals (on the word "knows". Approx (14 secs).

STEP, STEP 1/2 TURN STEP, 1 1/4 TURN L SIDE, BACK ROCK SIDE, BACK ROCK, STEP FORWARD TO L DIAGONAL, RUN R, RUN L.

- 1,2& Step forward on R, step forward on L, make a 1/2 turn R.
3,4& Step forward on L, travelling forward make a full turn L stepping a 1/2 turn back on R, stepping a 1/2 turn forward on L.
5 Make a 1/4 turn L stepping R to R side (to face 3 o'clock).
6&7 Cross rock L behind R, recover weight to R, step L forward to L diagonal (facing 1.30)
8& Run steps forward to 1.30 on R then L. (1.30 o'clock).

DIAGONAL ROCK RECOVER, STEP BACK, 1/2 TURN L, 1 1/8 TURN SIDE, BACK ROCK SIDE, BACK ROCK 1/4 TURN R.

- 1,2& Still on the diagonal rock forward on R, recover weight back to L, step back on R.
3 Turning a 1/2 turn to face the opposite diagonal (7.30) step forward on L.
4&5 Make a 1 1/8 turn L travelling forward (still on the diagonal) stepping back a 1/2 turn on R, forward a 1/2 turn on L, squaring up to 6 o'clock wall make a 1/8 turn L stepping side on R.
6&7 Cross rock L behind R, recover weight to R, step side on L.
8&1 Cross rock R behind L, recover weight to L, making a 1/4 turn R step forward on R. (9 o'clock).

STEP L, 1/2 TURN R, STEP L, STEP R, 1/2 TURN L, CROSS ROCK, RECOVER SIDE CROSS, FULL TURN L.

- 2&3 Step forward on L, make a 1/2 turn R, step forward on L.
4&5 Step forward on R, make a 1/2 turn L, cross rock R over L.
6&7 Recover weight to L, step R to R side, cross step L over R.
8&1 Making a full turn L (travelling to the right), step back 1/4 L on R, step forward 1/2 turn L on L, step side 1/4 turn L on R. (9 o'clock).

BACK ROCK 1/4 TURN L, 1/4 TURN RUN ROUND R,L, ROCK RECOVER BACK, CROSS FULL TURN R WITH SWEEP, BEHIND SIDE.

- 2&3 Cross rock L behind R, recover weight to R, make a 1/4 turn L stepping forward on L.
4& Making a 1/4 turn L run round stepping forward on R, then L.
5,6& Rock forward on R, recover weight back to L, step back on R.
7 Cross L over R making a full turn R whilst sweeping R behind L in a clockwise motion.
8& Step R behind L, step L to L side. (3 o'clock).

TAG: End of 3rd wall facing 9 o'clock.

R CROSS ROCK SIDE, L CROSS ROCK SIDE.

- 1,2& Cross rock R over L, recover weight to L, step R to R side
3,4& Cross rock L over R, recover weight to R, step L to L side

Ending - music slows, keep dancing through it and make a big finish to end facing the front wall.

Relax and Enjoy ! Luv Dee xx

