

# Inside Out

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Kim Ray (UK) - March 2008  
音乐: On the Outside - Roch Voisine : (Album: Double)



## CROSS ROCK/RECOVER, BALL CROSS, STEP SIDE, BACK CROSS, COASTER CROSS, CROSS STEP

- 1-2      Cross rock/lean right over left, recover back on left  
&3-4      Step right slightly back & cross left over right, step right to right side  
&5-6      Facing left diagonal: Step back on left, cross right over left, step back on left  
&7-8      Straightening up: Step back on right, cross left over right, cross right over left (7-8 travelling forward)

## TRIPLE ½ TURN RIGHT, ROCK/RECOVER ¼ TURN LEFT, ROCK/RECOVER ½ TURN RIGHT, FULL TURN RIGHT

- 1&2      Stepping left, right, side left – ½ turn right  
**(restart here on wall 4)**  
3&4      Rock back on right, recover on left, ¼ turn left stepping right to right side  
5&6      Rock back on left, recover on right, ½ turn right stepping left in place  
7&8      Triple fully turn right stepping, right, left, right

## BALL STEP FORWARD, RUN FORWARD, ROCK/RECOVER, COASTER CROSS, ROCK & CROSS

- &1      Step left slightly forward, step forward on right  
2&      Small step/run forward on left, small step/run forward on right  
3-4      Rock/lean forward on left, recover on right  
5&6      Step back on left, step back on right, cross left over right  
7&8      Side rock right, recover on left, cross right over left

## BALL ½ TURN & SIDE STEP, & CROSS & ROCK/RECOVER, BALL CROSS UNWIND, BALL CROSS UNWIND

- &1      ¼ turn right stepping back on left, ¼ turn right stepping right to right side  
2&3      Cross left over right, step right to right side, cross rock/lean left over right  
4      Recover back on right  
&5      Step left to left side, cross right over left  
6      Unwind full turn left finishing with weight on right  
&7      Step left to left side, cross right over left  
8&      Unwind full turn left finishing with weight on right, step left to left side (steps &5 to 8& are travelling to left side)

Start again

RESTART:

Restart on wall 4 after 10 counts facing 3o/c)