

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)
