The Storm Inside

拍数: 32

级数: Intermediate

编舞者: Ria Vos (NL) - May 2009

音乐: You Do Something to Me - Laura Michelle Kelly : (Album: The Storm Inside)

Intro: 32 counts	
R Step Fwd with L Sweep, Cross, Back, ¼ Turn L, Full Turn L, Cross Rock (Lunge) Rec., & Cross Unwind Full Turn R, Rock Back, Rec.	
1-2	Step Fwd on R Sweeping L from Back to Front, Cross L Over R
&3	Step back on R, ¼ Turn L Step L to L Side (9:00)
4&	Turn 1/2 L Step R to Right Side, Turn 1/2 Left Step L to Left Side (9:00)
5-6	Lunge/Rock R Over L, Recover on L
&7	Step R Slightly Back and to Right Side, Cross L over R Unwind Full Turn R Sweeping R Around
8&	Rock Back on R, Recover on L
Side, Basic ¼ Turn R, Basic, Behind, Unwind ½ Turn L, Cross, Side Rock, Rec	
1	Step R Long Step to Right Side
2&3	Rock Back on L, Recover on R, Turn ¼ Right Step L Long Step to Left Side (12:00)
4&5	Rock Back on R, Recover on L, Step R Long Step to Right Side
6-7	Lock L Behind R (Dip Down), Slowly Unwind ½ Turn Left Weight on L (Come Up Again) (6:00)
8&1	Cross R Over L, Rock L to Left Side, Recover on R
Cross, ¼ Turn L Step Back, Sway L, Full Turn R Sway R, Sway L, Cross, ¼ Turn R, Together	
2&3	Cross L over R, Turn ¼ Left Step Back on R, Step & Sway L to Left Side (3:00)
4&	Turn ¼ Right Recover on R, Turn ½ Right Step L Slightly Backwards
5-6	Turn ¼ Right Step & Sway R to Right Side, Sway L (3:00)
7&8	Cross R over L, Turn ¼ Right Step back on L, Step R next to L (Slighly Backwards) (6:00)
Cross, ¼ Turn L Step Back, ¼ Turn L Step Side, Cross Rock Rec., Point, Monterey ½ Turn R, Side Rock, Rec, Step Fwd, Cross Rock, Rec. ¼ Turn R	
1	Cross L Over R
2&	Turn ¼ Left Step Back on R, Turn ¼ Left Step L to Left Side (12:00)
3&4	Cross Rock R over L, Recover on L, Point R to Right Side***Restart point on wall 6
5	Monterey ½ Turn Right Step R next to L (6:00)
6&7	Rock L to Left Side, Recover on R, Step Fwd on L Sweep R from Back to Front
8&	Cross Rock Fwd On R, Recover on L ¼ Turn Right (9:00)
Restart: On Wall 6 After Count 28 (9:00) This occurs after the instrumental part. On the instrumental part the beat is hard to hear, just keep dancing and counting ?	

Ending: The beat will slow down on last 14 counts, dance until count 14 (Lock Behind) (3:00) Slowly unwind 1 ¼ Turn Left to face Front (12:00)





墙数:4