

Inside Out

拍数: 40 墙数: 4 级数: Improver
编舞者: Carol Bates (UK) - February 2011
音乐: Inside Out - Imelda May



Forward, hold, side together, back, back, shuffle ½ turn right

- 1 - 2 Step forward left, hold
- 3 - 4 Step right to right side, step left next to right
- 5 - 6 Step back on right, step back on left
- 7 & 8 Step right ¼ right, step left next to right, Turn ¼ right stepping forward on right

Left mambo forward, right forward rock, side rock, back rock turn ¼ right triple full turn right

- 1 & 2 Rock forward on left, recover on right, step left next to right
- 3&4& Rock forward on right, recover on left, rock right to right side, recover on left
- 5 & 6 Rock back on right, recover on left, turn ¼ right stepping right forward
- 7 & 8 Turn ½ right stepping back on left, turn ½ turn right stepping forward on right, step left next to right

Step out right, left, step in right, touch left next to right, shuffle ¼ turn left, right mambo forward recover ¼ right

- 1 - 2 Step right to right side, step left to left side
- 3 - 4 Step in on right, touch left next to right

RESTART HERE ON WALL 3

- 5 & 6 Turn ¼ left stepping forward on left, step right next to left, step forward on left
- 7 & 8 Rock forward on right, recover on left, turn ¼ right stepping on right

Left shuffle, mambo ¼ right, triple full turn right, jazz box ¼ right

- 1 & 2 Step forward on left, step right next to left, step forward on left
- 3 & 4 Rock forward on right, recover on left, turn ¼ right stepping forward on right
- 5 & 6 Turn ½ right stepping back on left, turn ½ turn right stepping forward on right, step left next to right
- 7 & 8 Cross right over left, turn ¼ right stepping back on left, step right to right side

Extended weave right, hold

- 1 - 2 Cross left over right, step right to right side
- 3 - 4 step left behind right, step right to right side
- 5 - 6 Cross left over right, step right to right side
- 7 - 8 Touch left next to right, hold

Restart on wall 3 after count 20

Happy dancing