

Inside Out

拍數: 32 牆數: 4 級數: Beginner
編舞者: Chatti the Valley (ES) - February 2015
音樂: Inside Out - Love and Theft



Intro: 32 counts - Bpm: 144

[1-8]: Right HEEL, Back TOE, SIDE, FLICK & SLAP, Right GRAPEVINE.

- 1 Touch right heel forward
- 2 Touch right toe back
- 3 Touch right toe to right side
- 4 Flick right, slap right boot with left hand
- 5 Step right to right side
- 6 Step left behind right
- 7 Step right to right side
- 8 Touch left beside right foot

[9-16]: Left HEEL, Back TOE, SIDE & SLAP, FLICK, Left GRAPEVINE.

- 1 Touch left heel forward
- 2 Touch left toe back
- 3 Touch left toe to left side
- 4 Flick left, slap left boot with right hand
- 5 Step left to left side
- 6 Step right behind left foot
- 7 Step left to left side
- 8 Touch right beside left foot

[17-24]: Right ¼ MONTERREY TURN, Right JAZZBOX.

- 1 Touch Right toe to right side
- 2 ¼ turn right, step right beside left foot (3:00)
- 3 Touch Left toe to Left side
- 4 Step Left beside Right foot
- 5 Cross right over left foot
- 6 Step left back
- 7 Step right to right side
- 8 Step left beside right foot

[25-32]: Right ROCKING CHAIR, Right SIDE, TOUCH, Left SIDE, TOUCH.

- 1 Step right forward
- 2 Recover weight on left foot
- 3 Step right back
- 4 Recover weight on left foot
- 5 Step right to right side
- 6 Touch left beside right foot
- 7 Step left to left side
- 8 Touch right beside left foot

TORNAR A COMENÇAR

RESTART: During fifth (5^a), dance only the 16 counts, you are facing 12:00, and start from the beginning.

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