

# Inside Out (裡裡外外) (zh)

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Kim Ray (UK) - 2008年03月  
音樂: On the Outside - Roch Voisine



- 第一段**      **Cross Rock/Recover, Ball Cross, Step Side, Back Cross, Coaster Cross, Cross Step** 交叉下沉/回復, 原地交叉, 側踏, 後交叉, 海岸交叉, 交叉踏
- 1-2      Cross Rock/Lean Right Over Left, Recover Back On Left  
右足於左足前交叉下沉, 左足回復
- &3-4      Step Right Slightly Back & Cross Left Over Right, Step Right To Right Side 右足略後踏, 左足於右足前交叉踏, 右足右踏
- &5-6      Facing Left Diagonal: Step Back On Left, Cross Right Over Left, Step Back On Left 面向左斜角線: 左足後踏, 右足於左足前交叉踏, 左足後踏
- &7-8      Straightening Up: Step Back On Right, Cross Left Over Right, Cross Right Over Left (7-8 Travelling Forward)  
身體伸直: 右足後踏, 左足於右足前交叉踏, 右足於左足前交叉踏 (7-8拍往前走)
- 第二段**      **Triple ½ Turn Right, Rock/Recover ¼ Turn Left, Rock/Recover ½ Turn Right, Full Turn Right**  
小三步右轉1/2, 下沉/回復 左轉1/4, 下沉/回復 右轉1/2 右轉圈
- 1&2      Stepping Left, Right, Side Left – ½ Turn Right  
左, 右, 左 - 右轉180度
- RESTART      On Wall 4 Facing 3 O/C 第四面牆面向3點鐘時從頭跳起
- I
- 3&4      Rock Back On Right, Recover On Left, ¼ Turn Left Stepping Right To Right Side 右足後下沉, 左足回復, 左轉90度右足右踏
- 5&6      Rock Back On Left, Recover On Right, ½ Turn Right Stepping Left In Place 左足後下沉, 右足回復, 右轉180度左足踏
- 7&8      Triple Fully Turn Right Stepping, Right, Left, Right  
小三步轉圈(右, 左, 右)
- 第三段**      **Ball Step Forward, Run Forward, Rock/Recover, Coaster Cross, Rock & Cross** 前踏, 前踏, 下沉/回復, 海岸交叉, 下沉 & 交叉
- &1      Step Left Slightly Forward, Step Forward On Right  
左足略前踏, 右足前踏
- 2&      Small Step/Run Forward On Left, Small Step/Run Forward On Right  
左足前踏, 右足前踏
- 3-4      Rock/Lean Forward On Left, Recover On Right  
左足前下沉, 右足回復
- 5&6      Step Back On Left, Step Back On Right, Cross Left Over Right  
左足後踏, 右足後踏, 左足於右足前交叉踏
- 7&8      Side Rock Right, Recover On Left, Cross Right Over Left  
右足側下沉, 左足回復, 右足於左足前交叉踏
- 第四段**      **Ball ½ Turn & Side Step, & Cross & Rock/Recover, Ball Cross Unwind, Ball Cross Unwind** 轉1/2 側踏, 交叉, 下沉/回復, 交叉旋繞, 交叉旋繞
- &1      ¼ Turn Right Stepping Back On Left, ¼ Turn Right Stepping Right To Right Side 右轉90度左足後踏, 右轉90度右足右踏

- 2&3 Cross Left Over Right, Step Right To Right Side, Cross Rock/Lean Left Over Right 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉下沉
- 4 Recover Back On Right 右足回復
- &5 Step Left To Left Side, Cross Right Over Left 左足左踏, 右足於左足前交叉踏
- 6 Unwind Full Turn Left Finishing With Weight On Right 左旋繞轉圈重心在右足
- &7 Step Left To Left Side, Cross Right Over Left 右足左踏, 右足於左足前交叉踏
- 8& Unwind Full Turn Left Finishing With Weight On Right, Step Left To Left Side (Steps &5 To 8& Are Travelling To Left Side) 左旋繞轉圈重心在右足, 左足左踏 (&5 及 8& 拍會向左移動)
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