

You Turn Me INSIDE OUT ..

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Val Saari (CAN) - April 2020
音樂: Inside Out - ItaloBrothers



INTRO: 8 counts, Begin on the downbeat, after the word "Well"

SHUFFLE FWD RLR, ROCK /RECOVER, LF DOUBLE ROCKING CHAIR

1&2 Shuffle forward RLR
3-4 Rock LF forward, Recover RF
5&6& Rock LF back, Recover RF, Rock LF forward, Recover RF
7&8 Rock LF back, Recover RF, Rock LF forward, Hold

RF ROCK/RECOVER, TURNING SHUFFLES (1/2 R, 1/2 R), SWAY R,L

1-2 Rock RF forward, recover LF
3&4 Shuffle back RLR Pivot 1/2 R
5&6 Shuffle back LRL Pivot 1/2 R
7-8 Step RF to right and sway, Sway left (weight on LF)

MAMBOS CHA CHA CHA X 2 (RL)

1-2 RF Cross over L, LF Recover weight
3&4 Step RF right, Step LF in place, Step RF in place
5-6 LF Cross over R, RF Recover weight
7&8 Step LF left, Step RF beside L, Step LF in place

RF SHUFFLE FWD, PIVOT 1/2 R, LF SHUFFLE FWD, PIVOT 1/4 L

1&2 Step RF forward, Step LF beside R, Step RF forward
3-4 Step LF forward, Pivot 1/2 R
5&6 Step LF forward, Step RF beside L, Step LF Forward
7-8 Step RF forward, Pivot 1/4 L

Repeat

EZ TAG: 4 counts & restart after Walls 2,3,5,7

JAZZ BOX

1-2 Cross RF over Left, Step Left back
3-4 Step RF to R side, Step LF together

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