

# On The Inside

拍數: 56      牆數: 2      級數:  
編舞者: Lorraine Deering (AUS)  
音樂: On The Inside - Bob Howe



## **SIDE, ROCK, SHUFFLE ACROSS, SIDE, ROCK, SHUFFLE ACROSS**

1-2      Step right to the side, rock onto left  
3&4      Shuffle across in front of left right-left-right  
5-6      Step left to the side, rock onto right  
7&8      Shuffle across in front of right left-right-left

## **HEEL & HEEL & DOUBLE HEEL, & HEEL & HEEL & DOUBLE HEEL**

1&      Touch right heel at 45 degrees, step right together  
2&      Touch left heel at 45 degrees, step left together  
3-4      Touch right heel at 45 degrees & clap, touch right heel at 45 degrees & clap  
&5&      Step right together, touch left heel at 45 degrees, step left together  
6&      Touch right heel at 45 degrees, step right together  
7-8      Touch left heel at 45 degrees & clap, touch left heel at 45 degrees & clap

## **SIDE SHUFFLE, BACK, ROCK FORWARD, SIDE SHUFFLE, BACK, ROCK FORWARD**

1&2      Side shuffle left left-right-left  
3-4      Step right behind left, rock forward onto left  
5&6      Side shuffle right right-left-right  
7-8      Step left behind right, rock forward onto right

## **½ TURN SHUFFLE, BACK, ROCK FORWARD**

1&2      Shuffle forward turning ½ turn right left-right-left  
3-4      Step right back, rock forward onto left

## **STOMP, KICK, SAILOR STEP, STOMP, KICK, SAILOR STEP**

1-2      Stomp right together, kick right at 45 degrees  
3&4      Sailor: step right beside left, step left to the side, step right to the side  
5-6      Step left together, kick left at 45 degrees  
7&8      Sailor: step left behind right, step right to the side, step left to the side

## **MONTEREY TURN, MONTEREY TURN**

1-2      Touch right toe to the side, turn ½ turn right step right together  
3-4      Touch left toe to the side, step left together  
5-6      Touch right toe to the side, turn ½ turn right step right together  
7-8      Touch left toe to the side, step left together

## **TOUCH, HOOK, SHUFFLE FORWARD, TOUCH, HOOK, SHUFFLE FORWARD**

1-2      Touch right heel at 45 degrees, hook right heel to left knee  
3&4      Shuffle forward right-left-right  
5-6      Touch left heel at 45 degrees, hook left heel to right knee  
7&8      Shuffle forward left-right-left

## **FORWARD, ROCK BACK, FULL TURN TRIPLE STEP**

1-2      Step right forward, rock back onto left  
3&4      Turn full turn right triple step right-left-right  
&      Take weight onto left

REPEAT

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