

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
