

# Inside To Outside!

**COPPER** **KNOB**  
BY SHEETS

拍數: 64      牆數: 2      級數: Improver  
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音樂: Inside to Outside - Limahl



track 00:25

**BRUSH, 1/2  
TURN RIGHT,  
FORWARD  
HEEL,  
TOGETHER,  
CROSS, SIDE,  
BEHIND,  
TOGETHER,  
HEEL-TOE,  
FULL RIGHT  
SPIRAL TURN,  
FORWARD  
KICK**

1-2 : Swinging  
right leg slightly  
forward and  
then  
brush right foot  
back, execute  
1/2 turn right on

ball of left and  
touch right heel  
forward  
&3&4& : Step  
right beside left,  
cross left over  
right,  
step right to  
right, cross left  
behind right,  
step right  
beside left  
5&6 : Touch left  
heel forward,  
step left beside  
right,  
touch right toe  
behind left heel  
7-8 : On ball of  
left execute a  
full turn right  
and  
bring right toe to  
cross touch  
over left, kick  
right forward

**BACK LOCK-  
STEPS, 3/4  
RIGHT  
TURNING  
TRIPLE  
STEPS,  
BEHIND STEP,  
ACROSS  
SLIDE,  
SCISSORS  
STEP**

9&10 : Step  
right back, lock  
step left over  
right, step  
right back

11&12 :  
Execute 1/4 turn  
right and then  
step left back,  
execute another  
1/4 turn right  
and then  
step right  
forward,  
execute the  
furthest 1/4 turn

right and then  
step left to left  
13-14 : Step  
right behind left  
heel, slide left  
across to  
right (taking  
long step)

15&16 : Step  
right to right,  
step left beside  
right,  
cross right over  
left

**SIDE ROCK,  
RECOVER,  
TOGETHER,  
SIDE TOUCH,  
3/4 LEFT  
REVERSE  
MONTEREY  
TURN, BACK  
WALK,  
COASTER  
STEP**

1718& : Rock  
left to left,  
recover weight  
onto right,  
step left beside  
right

19-20 : Touch  
toe right to right,  
execute 3/4 turn  
left  
on ball of left  
and then step  
right beside left  
21-22 : Walk  
back on left,  
right  
23&24 : Step  
left back, step  
right beside left,  
step left  
forward

SIDE ROCK,  
RECOVER, 1/4  
LEFT SAILOR  
TURN, SIDE,  
DRAG, STOMP,  
STOMP, KICK  
25-26 : Rock  
right to right,  
recover weight  
onto left  
27&28 : Step  
right behind left,  
execute 1/4 left  
turn and  
then step left to  
left, step right to  
right  
29-30 : Long  
step left to left,  
drag right toe  
towards  
left  
31&32 : Stomp  
right foot beside  
left twice, kick  
right  
diagonally  
forward

**CROSS, SIDE,  
BEHIND, 1/4  
LEFT TURNING  
CROSS  
SHUFFLE,  
SIDE TOE-  
SWITCH,  
SAILOR  
CROSS**  
33-34 : Cross  
right over left,  
step left to left,  
step  
right behind left  
heel

35&36 : Cross  
left over right,  
step right to  
right, cross  
left over right

*Note: Curve  
steps 35&36 so  
that it completes  
a 1/4 turn left*

37&38& : Touch  
right toe to right,  
step right  
beside left,  
touch left toe to  
left, step left  
beside right  
39&40 : Step  
right behind left,  
step left to left,  
cross right over  
left

**BACK,  
TOGETHER,  
RECOVER, 1/2  
RIGHT  
TURNING  
CHASSE, 1/2  
RIGHT  
UNWIND  
TURN, 1/2  
RIGHT  
TURNING  
CHASSE**

41-42 : Step left  
back, step right  
beside left

43&44 : Step  
left forward as  
you turn 1/4 turn  
right, step  
right beside left,  
execute another  
1/4 turn right  
and step left  
back

45-46 : Cross  
right behind left,  
unwind 1/2 turn  
right  
(weight ends on  
right)

47&48 : Step  
left forward as  
you turn 1/4 turn  
right,

step right  
beside left,  
execute another  
1/4 turn  
right and step  
left back

**BACK ROCK,  
FORWARD  
COASTER,  
BACK MAMBO,  
FORWARD  
MAMBO**

49-50 : Rock  
right back,  
recover weight  
onto left

51&52 : Step  
right forward,  
step left beside  
right, step  
right back

53&54 : Rock  
left back,  
recover weight  
onto right, step  
left beside right

55&56 : Rock  
right forward,  
recover weight  
onto left,  
step right  
beside left

**SIDE CHASSE,  
BACK ROCK,  
SIDE, BEHIND,  
(TRAVELLING  
RIGHT) FULL  
TURN RIGHT**

57&58 : Step  
left to left, step  
right beside left,  
step

left to left

59-60 : Rock  
right behind left,  
recover weight  
onto left

61-62 : Step  
right to right,  
step left behind  
right

63&64 :

Execute a 1/4  
turn right and  
step right  
forward,

step left  
forward, pivot  
3/4 turn right  
in place keeping  
weight on left  
(In other words,  
3/4 right spiral  
turn) (You  
should end up  
right  
leg cross over  
left)

## **REPEAT**

## **TAG**

At the end of  
the 1st rotation,  
you should end  
at 6 O'clock  
wall, repeat  
counts 49-64  
and start  
dancing the 2nd  
rotation facing 6  
O'clock wall.

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