

# Inside Out

**COPPER** KNOB  
BY STEPHEN HETS

拍數: 64      牆數: 2      級數: Intermediate/Advanced  
編舞者: Yvonne Anderson (SCO)  
音樂: Inside Out - Bryan Adams



## ROCK, RECOVER, 1 ¼ TRIPLE TURN LEFT, CROSS ROCK, RECOVER, RIGHT SAILOR

1-2      Rock left forward, recover weight on right  
3&4      Make 1 ¼ triple turn left stepping left, right, left (9:00)  
5-6      Rock right across left, recover weight on left and begin to sweep right from front to back  
7&8      Step right behind left, & step left to left, step right to right

## STEP-ROCK-RECOVER, STEP-ROCK-RECOVER, POINT, CROSS, POINT, CROSS

1-2&      Step left to left (long step), rock right behind left, & recover weight on left  
3-4&      Step right to right (long step), rock left behind right, & recover weight on right  
5-6      Point left to left, step left across right  
7-8      Point right to right, step right across left

## STEP LEFT FORWARD, SWEEP ½ TURN LEFT, FORWARD RIGHT SHUFFLE, ¾ TRIPLE TURN RIGHT, SIDE-TOGETHER-FORWARD

1-2      Step left forward, on ball of left make ½ turn left sweeping right out and around (3:00)  
3&4      Shuffle forward stepping right, left, right  
5&6      Make ¾ turn right stepping left right, left (12:00)  
7&8      Step right to right, & step left beside right, step right forward

## STEP LEFT FORWARD, ½ TURN RIGHT STEPPING RIGHT BACK, LEFT COASTER, STEP RIGHT FORWARD, ½ TURN RIGHT, STEPPING LEFT BACK RIGHT COASTER

1-2      Step left forward, on ball of left make ½ turn right stepping right back (6:00)  
3&4      Step left back, & step right beside left, step left forward  
5-6      Step right forward, on ball of right make ½ turn right stepping left back (12:00)  
7&8      Step right back, & step left beside right, step right forward

## STEP-ROCK-RECOVER, STEP-ROCK-RECOVER, POINT, CROSS, POINT, CROSS

1-2&      Step left to left (long step), rock right behind left, & recover weight on left  
3-4&      Step right to right (long step), rock left behind right, & recover weight on right  
5-6      Point left to left, step left across right  
7-8      Point right to right, step right across left

## SIDE, ¼ TURN RIGHT, CROSS SHUFFLE, ROCK, RECOVER, BEHIND-SIDE-FORWARD

1-2      Step left to left, make ¼ turn right stepping right to side (3:00)  
3&4      Step left across right, step right to right, step left across right  
5-6      Rock right to right, recover weight on left  
7&8      Step right behind left, & step left to side, step right forward

## STEP-½ TURN RIGHT-STEP, FULL TRIPLE TURN LEFT, ROCK RECOVER, MODIFIED SAILOR TURN ¼ LEFT

1&2      Step left forward, & on ball of right make ½ turn right, step left forward (9:00)  
3&4      Make a full turn left (traveling forward) stepping right, left, right  
5-6      Rock left forward, recover weight on right  
7&8      Step left behind right, & making ¼ turn left step ball of right to right, using a push off from ball of right step left to left long step (6:00)

## BEHIND-SIDE-FRONT, SIDE ROCK, RECOVER, BEHIND-SIDE-FRONT, SIDE, DRAW

- 1&2 Step right behind left, & step left to left, step right across left  
3-4 Rock left to side, recover weight on right  
5&6 Step left behind right, & step right to right, step left across right (12:00)  
7-8 Step right to right, draw left to right and touch (6:00)

**REPEAT**

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