

Inside Out

拍數: 64 牆數: 2 級數: Improver
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音樂: Papa Don't Ask, Mama Don't Know - Jenai



VINE WITH ¼ TURN, ¼ TURN-SCUFF, VINE, SCUFF

1-2 Step right to right, step left behind right
3-4 Make ¼ turn right and step right forward, make ¼ turn right and scuff left forward
5-6 Step left to left, step right behind left
7-8 Step left to left, scuff right forward

VINE WITH ¼ TURN, ¼ TURN-SCUFF, VINE, SCUFF

9-16 Repeat counts 1-8

DIAGONAL STEPS AND SCUFF: TWICE

17-18 Step right diagonally forward right, step left beside right
19-20 Step right diagonally forward right, scuff left forward
21-22 Step left diagonally forward left, step right beside left
23-24 Step left diagonally forward left, scuff right forward

JAZZ-BOX IN TOE-STRUTS WITH ¼ TURN

25-26 Step right toe across left, drop right heel to floor
27-28 Step left toe back, drop left heel to floor
29-30 Make ¼ turn right and step right toe to right, drop right heel to floor
31-32 Step left toe beside right, drop left heel to floor

JUMP FORWARD, CLAP, JUMP BACK, CLAP, TOE-STRUTS

&33-34 Jump forward stepping right then left, clap (lean back slightly & clap hands up high)
&35-36 Jump back stepping right then left, clap (lean slightly forward & clap hands at waist level)
37-38 Step right toe forward, drop heel to floor
39-40 Step left toe forward, drop heel to floor

JUMP FORWARD, CLAP, JUMP BACK, CLAP, TOE-STRUTS

&41-48 Repeat counts &33-40

THREE ¼ PIVOTS WITH HOLDS, WALKS

49-52 Step right forward, hold, pivot ¼ turn left, hold (with attitude)
53-60 Repeat counts 49-52 twice.
61-64 Walk forward on right, left, right, left (bend knees slightly and for fun shimmy those shoulders as fast as you can)

REPEAT
