

Inside Your Heaven

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate nightclub
編舞者: Masters In Line (UK)
音樂: Inside Your Heaven - Carrie Underwood



LEFT SIDE, BACK ROCK, ¼ TURN RIGHT, LEFT SIDE CROSS ¼ TURN STEPPING BACK, SIDE, CROSS, SIDE ROCK CROSS

- 1-2& Step left to left side, rock back on right (slightly behind left), recover weight onto left stepping slightly in front of right
- 3-4& Make ¼ turn right stepping forward on right, step left to left side, cross right over left (3:00)
- 5-6& Make ¼ turn right stepping back on left, step right to right side, cross left over right (6:00)
- 7&8& Rock right to right side, recover weight onto left, cross right over left, step left to left side

CROSS RIGHT BEHIND WITH SWEEP, LEFT BEHIND, SIDE, CROSS WITH SWEEP, CROSS SHUFFLE INTO RIGHT CROSS ROCK, LEFT CROSS ROCK WITH ¼ TURN

- 1& Cross right behind left, sweep left foot around anti to the right (no weight)
- 2& Cross left behind right, step right to right side
- 3& Cross left in front of right, sweep right foot around to the left (no weight)
- 4& Cross right in front of left (angle body to left diagonal), step left next to right
- 5-6 Cross rock right over left (body still angled to left diagonal), recover weight back onto left
- &7 Step right next to left, cross rock left over right (body angled to right diagonal)
- 8& Recover weight onto right, make ¼ turn left on ball of right stepping forward on left (3:00)

RIGHT SIDE, LEFT BACK ROCK, TURN ¼, ½, WALK, WALK, ROCK FORWARD, STEP BACK, RIGHT COASTER INTO FORWARD SHUFFLE

- 1-2& Step right to right side, rock back on left (slightly behind right), recover weight onto right stepping slightly in front of left
- 3& Make ¼ turn right stepping back on left, make ½ turn right stepping forward on right (12:00)
- 4& Step forward on left, step forward on right
- 5-6 Rock forward on left, recover weight back onto right
- &7&8& Step back on left, step back on right, step left next to right, step forward on right, step left next to right

STEP FORWARD, ¼ TURN RIGHT SWEEPING LEFT, LEFT CROSS SHUFFLE WITH SWEEP, RIGHT CROSS SHUFFLE, LEFT SIDE ROCK CROSS, ½ TURN LEFT

- 1& Step forward on right, make ¼ turn right on ball of right sweeping left in ronde (3:00)
- 2& Cross left over right, step right next to left
- 3& Cross left over right, sweep right foot around in front of left (no weight)
- 4&5 Cross right over left, step left next to right, cross right over left
- 6& Rock left to left side, recover weight onto right
- 7& Cross left in front of right, make ¼ turn left stepping back on right (12:00)
- 8& Make ¼ turn left stepping left to left side, cross right over left (9:00)

REPEAT