

# Inside, Out

拍數: 0                      牆數: 4                      級數: Intermediate  
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音樂: Seems Like - Honeyz



Sequence: A B, A BB, A B

## PART A

### ROCK FORWARD & BACK, SIDE CHASSE, STOMP LEFT, KICK LEFT

1-2                      Rock forward onto right, rock weight back onto left  
3-4                      Rock back onto right, rock weight forward onto left  
5&6                      Step right to right side, step left beside right, step right to right side  
7-8                      Stomp left beside right, kick left forward

### ROCK FORWARD & BACK, SIDE CHASSE, STOMP RIGHT TWICE, KICK RIGHT

1-2                      Rock forward onto left, rock weight back onto right  
3-4                      Rock back onto left, rock weight forward onto right  
5&6                      Step left to left side, step right beside left, step left to left side  
7&8                      Stomp right beside left twice, kick right forward twice

### HEEL GRIND, ROCK STEP, DIAGONAL TOUCHES

&1-2                      Step right beside left, grind left heel forward, rock weight back onto right  
3-4                      Rock back onto left, rock weight forward onto right  
5-6                      Step left forward to left diagonal, touch right beside left  
7-8                      Step right forward to right diagonal, touch left beside right

### ROLLING VINE LEFT, 2 STEP ½ PIVOT TWICE

1-2                      Step left to left side into a ¼ turn left, step right to right side into a ¼ turn right  
3-4                      Step left to left side into a ¼ turn left, step right to right side into a ¼ turn right  
5-6                      Step right forward, pivot ½ turn over left shoulder  
7-8                      Step right forward, pivot ½ turn over left shoulder

### SYNCOPATED ROCK STEP WITH A KICK, SYNCOPATED SIDE ROCK, FLICK INTO A ¼ TURN LEFT

1&2                      Rock forward onto right, rock weight back onto left, kick right forward  
3&4                      Rock right to right side, rock weight back onto left side  
4                          Flick right foot to right side in an upwards motion behind body while turning a ¼ turn left on ball of left foot  
5&6                      Step right forward, step left beside right, step right forward  
7&8                      Step left forward, step right beside left, step left forward

### 2 SNAKE ROLLS TO THE RIGHT THEN LEFT, STOMPS FORWARD RIGHT THEN LEFT, CLAP, CROSS, UNWIND

1&2                      Do a snake roll to right side (use arms for attitude)  
3&4                      Do a snake roll to left side (use arms for attitude)  
5&6                      Stomp right forward, step left forward, clap  
7-8                      Cross right over left, unwind a full turn over left shoulder

### SIDE TOUCHES, HEEL SWITCHES, SWIVET WITH A SCUFF

1-2                      Touch right to right side, hold for (1) count  
&                          Step right beside left  
3-4                      Touch left to left side, hold for (1) count  
&5                          Step left beside right, touch right heel forward

- &6 Step right beside left, touch left heel forward
- & Step left beside right
- 7 Weight on left heel & right toe: swivel left toe left & right heel to right
- &8 Swivel back to center, scuff right heel forward

### **JAZZ BOX, TOUCH SCOOT STEPS, STEP ¼ TURN**

- 1-3 Cross right over left, step back on left, step right to right side
- 4 Jump forward with both feet together
- 5& Touch right toe behind left while scooting back on left, step right back
- 6& Touch left toe behind right while scooting back on right, step left back
- 7-8 Step right forward, pivot a ¼ turn left

### **PART B**

#### **WALKS, SAILOR STEP, BODY ROLL, KICK HOOK**

- 1-2 Walk forward; right, left
- 3&4 Cross-step right behind left, step left to left side, step right to right side
- 5-6 Do a body roll leading from toe to head
- 7-8 Kick left forward, hook left across right shin

#### **STEP LOCK, SIDE TOUCHES, KNEE ROLL, KNEE POPS**

- 1-2 Step left forward, lock step right behind left
- 3&4 Touch right toe to right side, cross-step right over left, touch left toe to left side
- 5-6 Roll left knee to the left (one rotation)
- 7&8 Pop knees forward: right, left, right

#### **MASHED POTATOES, STEP SLIDE, KNEE ROLL**

- 1& Split both heels apart, split both heels together sliding left foot back
- 2& Split both heels apart, split both heels together sliding right foot back
- 3& Split both heels apart, split both heels together sliding left foot back
- 4& Split both heels apart, split both heels together sliding right foot back
- 5-6 Step left to left side, slide right next to left
- 7-8 Circle knees to the left, keeping knees & feet close together

**On counts (7-8) they only rotate once over (2) counts, so it needs to be done slowly!**

#### **HANDWORK**

- 1 Stretch both arms out at shoulder level with palms facing down
  - 2 Swing arms inwards so fingertips are facing upwards
  - 3-4 In front of your body: cross right arm over left with wrists inwards until they are in there original position
  - 5 Touch right toe to right side while punching arms down
  - 6 Hitch right knee with arms crossed in front of your body, right over left
  - 7-8 Touch right toe forward, touch right toe to right side while punching arms down
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