The Child Inside

拍數: 48 　　　 牆數: 4 　　　 級數: Intermediate

編舞者: John Robinson (USA)

音樂: The Child Inside - Qkumba Zoo

Be brave and try this dance to any high-energy track.

RIGHT ROCK, RECOVER, RIGHT COASTER STEP, LEFT STEP FORWARD, RIGHT LOCK & RIGHT STEP FORWARD, LEFT BRUSH

1-2	Right rock ball of foot forward, recover weight to left
3&4	Right step back ball of foot, left step next to right, step right forward
5-6	Step left forward, right lock step behind left
&7-8	Left small step forward, step right forward, left brush ball of foot forward

RIGHT ROCK, RECOVER, TURN ½, FULL TURN, LEFT TRIPLE FORWARD, OUT-OUT-IN-IN

1-2	Left rock ball of foot forward, recover weight to right
3-4	Pivot ½ left on ball of right foot stepping left foot forward, pivot a full turn left on ball of left foot stepping right foot forward

Easier option for previous two counts

3-4	Pivot ½ left on ball of right foot stepping left foot forward, step right forward
5&6	Step left forward, right step forward instep to left heel, step left forward
&7&8	Right small step side right, left small step side left, right step home, left step home

RIGHT ROCK, RECOVER, RIGHT COASTER STEP, LEFT STEP FORWARD, RIGHT LOCK & RIGHT STEP FORWARD, LEFT BRUSH

1-2	Right rock ball of foot forward, recover weight to left
3&4	Right step back ball of foot, left step next to right, step right forward
5-6	Step left forward, right lock step behind left
&7-8	Left small step forward, step right forward, left brush ball of foot forward

RIGHT ROCK, RECOVER, TURN ½, FULL TURN, LEFT TRIPLE FORWARD, OUT-OUT-IN-IN

1-2	Left rock ball of foot forward, recover weight to right
3-4	Pivot ½ left on ball of right foot stepping left foot forward, pivot a full turn left on ball of left foot stepping right foot forward

Easier option for previous two counts

3-4	Pivot ½ left on ball of right foot stepping left foot forward, step right forward
5&6	Step left forward, right step forward instep to left heel, step left forward
&7&8	Right small step side right, left small step side left, right step home, left step home

RIGHT SIDE ROCK, RECOVER, RIGHT CROSSOVER TRIPLE, LEFT SIDE STEP, CLAP, & LEFT SIDE STEP, CLAP TWICE

1-2	Right rock ball of foot side right, recover weight to left
3&4	Right step across left, left small step side left, right step across left
5-6	Left step side left, hold position/clap hands
&7&8	Right step next to left, left step side left, hold position/clap hands twice

RIGHT CROSS ROCK, RECOVER, TURN ¼, TURN ½, RIGHT TRIPLE BACK, LEFT COASTER STEP

1-2	Right rock ball of foot forward across left foot, recover weight to left
3-4	Right step into ¼ turn right, pivot ½ right on ball of right foot stepping left foot back
5&6	Step right back, left step back so heel meets right instep, step right back
7&8	Left step back ball of foot, right step next to left, step left forward

REPEAT

TAG
After the 3rd repetition of the dance, there is a brief instrumental section in the music. You will be facing the 3:00 wall when this occurs

&1&2   Right small step side right, left small step side left, right step home, left step home

3&4   Hold position, pop knees forward raising heels slightly off floor, straighten legs setting heels down placing weight on left foot

ENDING
At the end of the song, the music fades away and you'll be dancing to the vocal only. Finish the last repetition of the dance, then do this ending. The first 4 counts are an exact repeat of the 4-count tag.

&1&2   Right small step side right, left small step side left, right step home, left step home

3&4   Hold position, pop knees forward raising heels slightly off floor, straighten legs setting heels down with weight on left foot

5-6   Extend right hand down at right side palm facing forward, extend left hand down at left side palm facing forward

7-8   Cross arms in front of chest palms resting on upper chest (right hand toward left shoulder, left hand toward right shoulder), lower head to look at floor