

Outside Inside Out

COPPER KNOB
STEPSHETS

拍數: 48
編舞者: MiB

牆數: 4

級數: Intermediate

音樂: Livin' la Vida Loca - Ricky Martin



3 Restarts.

**SIDE.
TOGETHER.**

**STEP
FORWARD.
HOLD, LEFT
SCISSOR
STEP. HOLD**
1-4 Step right to
side. step left
beside right.
step forward
right, hold
5-8 Step left to
side, close right
beside left. step
left across right,
hold

**RIGHT SIDE
STRUT, BACK
ROCK. LEFT
SIDE STRUT,
ROCK BACK.**

1-4 Step right
toe to right, drop
right heel, rock
back on left,
rock forward on
right
5-8 Step left toe
to left, drop left
heel, rock back
on right, rock
forward on left.

**EXTENDED
VINE RIGHT,
STEP
FORWARD,
HOLD. PIVOT
1/2LEFT,
HOLD.**

1-4 Step right to
side, cross left
behind right,
step right to
side, cross left
over right.

5-8 Step right forward, hold. On ball of right pivot 1/2 left, stepping left forward, hold (6:00)

**** (Restart during 3rd wall)**

EXTENDED VINE RIGHT, SIDE HOLD, SHIFT 3/4 TURN LEFT, HOLD

1-4 Step right to side, cross left behind right, step right to side, cross left over right.

5-8 Step right to side, hold. On ball of right shift 3/4 left turn, stepping left to side. (9:00)

RIGHT SIDE, TOGETHER, SIDE, TOUCH, LEFT SIDE, TOGETHER, SIDE, TOUCH.

1-4 Step right to right side, close left next to right, step right to side., point left next to right.

5-8 Step left to left side, close right next to left, step left to left side, point right next to left. **

**** (Restart during 7th wall)
Add your own styling for above 8 counts.**

TOE STRUT, WALK, ROCK REPLACE, BACK, HOLD

1-4 Toe strut
forward with the
right foot, walk
forwards left,
right.

5-8 Rock
forward Left ,
replace on right,
step left back,
hold

START AGAIN

**3rd wall (6:00)
dance till count
24, then restart
(facing front
wall)12:00**

7th wall (3:00)
dance till count
40, then restart
(facing front
wall)12:00

11th wall(3:00)
dance 1st 8
count, then
restart (facing
3:00) wall.

My Apology to
Winston &
Joyce, i know u
guys are doing
the 120 counts
by Elke. I know
the steps are
challenging but
senior citizen
like me can't
handle that, like
the song,
though. I try to
simplify the
restarts, should
be 4 or 5, but in
my opinion they
are not obvious,
so i left them
out.

The Dance is
dedicated to all
539 dancers.
Happy Dancin' !
Everyone.
