

# Inhibitions

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - July 2008  
音樂: Inhibitions - Alcazar



Start on verse vocals on the word ... IF

**(1-8) R side touch, hold, L & R side switches, R fwd rock & recover, R ball cross**

1-2            Touch R toes side, hold  
&3&4        Step R together, touch L toes side, step L together, touch R toes side  
5-6            Rock R forward, recover weight on L  
&7-8        Step R back, cross step L over R, step R side

**(9-16) Weave R 2, L cross rock & recover, L ball cross into ½ R hinge turn, L cross step**

1-4            Cross step L behind R, step R side, cross rock L over R, recover weight on R  
&5-6        Step L back, cross step R over L, turning ¼ right step L back  
7-8            Turning ¼ right step R side, cross step L over R (6 o'clock)

**(17-24) R side hold, R side, L touch together, vine L with ¼ L**

1-2&        Step R side, hold, step L together  
3-4            Step R side, touch L together  
5-8            Step L side, cross R behind L, turning ¼ left step L forward, step R forward (3 o'clock)

**(25-32) L fwd rock & recover, L together, R touch step, hold, L fwd rock & recover, L coaster cross**

1-2            Rock L forward, recover weight on R  
&3-4        Step L together, touch R together (R knee popped forward), hold  
&5-6        Step right foot in place, rock L forward, recover weight on R  
7&8        Step L back, step R together, cross step L over R

**(33-40) R toe strut, L back rock & recover, vine L with L ball cross ¼ L turn**

1-4            Touch R toes side, step R heel down, rock L back, recover weight on R  
5-6            Step L side, cross step R behind L  
&7-8        Step L side, cross step R over L, turning ¼ left step L forward (12 o'clock)

**(41-48) Turn ¼ L & R toe strut, L back rock & recover, vine L with L ball cross ¼ L turn**

1-4            Turning ¼ left step R toe side, step R heel down, rock L back, recover weight on R  
5-6            Step L side, cross step R behind L  
&7-8        Step L side, cross step R over L, turning ¼ left step L forward (6 o'clock)

**(49-56) ¾ L turn, R & L cross points, R coaster step**

1-2            Turning ½ left step R back, turning ¼ left step L side (9 o'clock)  
3-6            Cross step R over L, point L side, cross step L over R, point R side  
7&8        Step L back, step R together, step L forward

(On final wall you will get this far, step L forward and strike a pose!)

**(57-64) L fwd rock & recover, ¼ L & L together, R fwd, ¼ L pivot turn, R jazz box**

1-2            Rock L forward, recover weight on R  
&3-4        Turning ¼ left step L together, step R forward, pivot ¼ left  
5-8            Cross step R over L, step L back, step R side, step L forward (3 o'clock)