

# Inside Out

拍數: 40      牆數: 4      級數: Improver  
編舞者: Carol Bates (UK) - February 2011  
音樂: Inside Out - Imelda May



## Forward, hold, side together, back, back, shuffle ½ turn right

- 1 - 2      Step forward left, hold
- 3 - 4      Step right to right side, step left next to right
- 5 - 6      Step back on right, step back on left
- 7 & 8      Step right ¼ right, step left next to right, Turn ¼ right stepping forward on right

## Left mambo forward, right forward rock, side rock, back rock turn ¼ right triple full turn right

- 1 & 2      Rock forward on left, recover on right, step left next to right
- 3&4&      Rock forward on right, recover on left, rock right to right side, recover on left
- 5 & 6      Rock back on right, recover on left, turn ¼ right stepping right forward
- 7 & 8      Turn ½ right stepping back on left, turn ½ turn right stepping forward on right, step left next to right

## Step out right, left, step in right, touch left next to right, shuffle ¼ turn left, right mambo forward recover ¼ right

- 1 - 2      Step right to right side, step left to left side
- 3 - 4      Step in on right, touch left next to right

### RESTART HERE ON WALL 3

- 5 & 6      Turn ¼ left stepping forward on left, step right next to left, step forward on left
- 7 & 8      Rock forward on right, recover on left, turn ¼ right stepping on right

## Left shuffle, mambo ¼ right, triple full turn right, jazz box ¼ right

- 1 & 2      Step forward on left, step right next to left, step forward on left
- 3 & 4      Rock forward on right, recover on left, turn ¼ right stepping forward on right
- 5 & 6      Turn ½ right stepping back on left, turn ½ turn right stepping forward on right, step left next to right
- 7 & 8      Cross right over left, turn ¼ right stepping back on left, step right to right side

## Extended weave right, hold

- 1 - 2      Cross left over right, step right to right side
- 3 - 4      step left behind right, step right to right side
- 5 - 6      Cross left over right, step right to right side
- 7 - 8      Touch left next to right, hold

Restart on wall 3 after count 20

Happy dancing

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