

Inside Out

拍數: 32 牆數: 4 級數: Newcomer
編舞者: Roy Hadisubroto (IRE) - December 2013
音樂: Inside Out - Love and Theft



SAILOR STEP 2x, TOUCH, CROSS, TOUCH, CROSS,

1 & 2 Cross Rf behind Lf, Step Lf to L side, Step Rf to R side
3 & 4 Cross Lf behind Rf, Step Rf to R side, Step Lf to L side
5 - 6 Touch Rf to R side, Cross Rf over Lf
7 - 8 Touch Lf to L side, Cross Lf over Rf

ROCKSTEP, SHUFFLE ½ TURN, ROCKSTEP, SHUFFLE ½ TURN

1 - 2 Rock Rf forward, Recover back on Lf
3 & 4 Make a ¼ turn R and step Rf to R side, Close Lf next to Rf, Make a ¼ turn R step Lf forward
5 - 6 Rock L forward, Recover back on R
7 & 8 Make a ¼ turn L and step Lf to L side, Close Rf next to Lf, Make a ¼ turn L and step Rf forward

CHASSE, ROCKSTEP, CHASSE, CROSS, STEP ¼ TURN

1 & 2 Step Rf to R side, Close Lf next to Rf, Step Rf to R side
3 - 4 Rock Lf diagonally forward to the R, Recover back on R
5 & 6 Step Lf to L side, Close Rf next to Lf, Step Lf to L side
7 - 8 Cross Rf over Lf, Make a ¼ turn to the L on Lf and step R forward

SYNCOPATED TOUCHES, KICK BALL STEP 2x

1 & Touch Rf to R side, Close Rf next to Lf
2 & Touch Lf to L side, Close Lf next to Rf
3 & Touch Rf forward, Close Rf next to Lf
4 Step Lf forward
5 & 6 Kick Rf forward, Close Rf next to Lf, Step Lf forward
7 & 8 Kick Rf forward, Close Rf next to Lf, Step Lf forward

Restart: after the 4th wall (when facing the first wall again) start again after 16 counts.

START AGAIN HAVE FUN.