The Rhythm Inside

Count: 32 **Wall:** 2 **Level:** Intermediate
Choreographer: Klara Wallman (SWE) - September 2015
Music: Rhythm Inside - Loïc Nottet : (2.52 min)

Start on vocals, 16 counts intro.

Walk, Forward Coasterstep w. Sweep, Behind, ¼ turn, ¼ turn, Coasterstep, ½ turn w Heels, ¼ turn.

1-2&3	Step L forward (1), Step R forward (2), Step L next to R (&), Step R back as you sweep L from front to back (3).
4&5	Step L behind R (4), Turn ¼ R step R forward (&), Turn ¼ R step L to L side (5). (6.00)
6&7	Step R back (6), Step L next to R (&), Step R forward (7).
&8&	Turn L heel a ¼ turn to L (&), Turn R heel a ¼ turn to L (8), Turn ¼ L step L to L side (&). (9.00)

Rockstep, Out, Out, Knee pop, Walk, Walk, ¼ turn w. Hipbump

1-2	Rock R forward (1), Recover onto L (2).
&3&4	Step out on R (&), Step out on L (3), Pop R knee in (&), Step down on R (4).
&5-6	Step L next to R (&), Step R forward (5), Step L forward (6).
7&8	Turn ¼ L as you Bump R hip up (7), Bump back onto L (&), Sit down on R hip (8). (6.00).

Restart here at wall 4 (12.00)!

Coasterstep, ½ turn, ½ turn, Cross, Rockstep, Cross, ¼ turn, Back, Knee pop.

1&2	Step L back (1), Step R next to L (&), Step L forward (2).
3&4	Turn ½ R step R forward (3), Turn ½ R step L back (&), Cross R over L (4). (6.00)
5&6&	Rock L to L side (5), Recover onto R (&), Cross L over R (6), Turn ¼ L step R back (&). (3.00)
7&8	Step L back (7), Pop R knee forward (&), Step down on R (8).

Samba step, Samba step, Rockstep, ¼ turn, ¼ turn, ¼ turn, Walk.

1&2	Cross L over R (1), Rock R to R side (&), Recover onto L (2).
3&4	Cross R over L (3), Rock L to L side (&), Recover onto R (4).
5&	Rock L forward (5), Recover onto R (&).
6&7-8	Turn ¼ L step L forward (6), Turn ¼ L step R forward (&), Turn ¼ L step L forward (7), Step R forward (8). (6.00)

Start again. - Enjoy!