

# Inside Out

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Chatti the Valley (ES) - February 2015

Musik: Inside Out - Love and Theft



**Intro: 32 counts - Bpm: 144**

**[1-8]: Right HEEL, Back TOE, SIDE, FLICK & SLAP, Right GRAPEVINE.**

- 1 Touch right hell forward
- 2 Touch right toe back
- 3 Touch right toe to right side
- 4 Flick right, slap right boot whit left hand
- 5 Step right to right side
- 6 Step left behind right
- 7 Step right to right side
- 8 Touch left beside right foot

**[9-16]: Left HEEL, Back TOE, SIDE & SLAP, FLICK, Left GRAPEVINE.**

- 1 Touch left heel forward
- 2 Touch left toe back
- 3 Touch left toe to left side
- 4 Flick left, slap left boot whit right hand
- 5 Step left to left side
- 6 Step right behind left foot
- 7 Step left to left side
- 8 Touch right beside left foot

**[17-24]: Right ¼ MONTERREY TURN, Right JAZZBOX.**

- 1 Touch Right toe to right side
- 2 ¼ turn right, step right beside left foot (3:00)
- 3 Touch Left toe to Left side
- 4 Step Left beside Right foot
- 5 Cross right over left foot
- 6 Step left back
- 7 Step right to right side
- 8 Step left beside right foot

**[25-32]: Right ROCKING CHAIR, Right SIDE, TOUCH, Left SIDE, TOUCH.**

- 1 Step right forward
- 2 Recover weight on left foot
- 3 Step right back
- 4 Recover weight on left foot
- 5 Step right to right side
- 6 Touch left beside right foot
- 7 Step left to left side
- 8 Touch right beside left foot

**TORNAR A COMENÇAR**

**RESTART:** During fifth (5<sup>a</sup>), dance only the 16 counts, you are facing 12:00, and start from the beginning.

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