

Inside Your Heart

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Phil Austin (UK)

Musik: Locked Inside Your Heart - Barry Upton & Wild At Heart



CROSS SHUFFLE, SWAY, SWAY, CROSS SHUFFLE, SWAY, SWAY

- 1&2 Cross left over right, step right to right side, cross left over right
- 3-4 Step right to side and sway hips to right, sway hips to left
- 5&6 Cross right over left, step left to left side, cross right over left
- 7-8 Step left to side and sway hips to left, sway hips to hips

SIDE SHUFFLE, STEP, SWEEP $\frac{3}{4}$ TURN, SHUFFLE FORWARD, SLIDE

- 1&2 Step left to side, step right to left, step left to side
- 3-4 Step left to left, sweep right toe around $\frac{3}{4}$ turn and tap in front of left
- 5&6 Step forward right, step left to right, step forward right
- 7-8 Step left to side, slide right to left do not put weight onto it!

CROSS, UNWIND, CROSS, TAP, CROSS, TAP, CROSS SHUFFLE

- 1-2 Cross right over left, unwind $\frac{1}{2}$ turn over left shoulder
- 3-4 Cross right over left, tap left to side
- 5-6 Cross left over right, tap right to side
- 7&8 Cross right over left, step left to side, cross right over left

SIDE SHUFFLE, ROCK, RECOVER, TURN SHUFFLE, ROCK, RECOVER

- 1&2 Step left to side, step right to left, step left to side
- 3-4 Rock back right, recover weight onto left
- 5&6 While making an $\frac{1}{2}$ turn over left shoulder, step feet right, left, right and travel forward
- 7-8 Rock back left, recover weight onto right

REPEAT
