|  |  |
| --- | --- |
| Rhythm Inside |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Classic Novice | . |
| **Choreographer:** | Amélie Jammart (BEL) - June 2015 | | | | |
| **Music:** | Rhythm Inside - Loïc Nottet | | | | |
| . | | | | | | |

**WALK, WALK, OUT, OUT, BOUNCE,ROCK STEP BACK, TOUCH SIDE,TURNING HIPS.**

|  |  |
| --- | --- |
| 1 | RF walk forward |

|  |  |
| --- | --- |
| 2 | LF walk forward |

|  |  |
| --- | --- |
| & | RF Step side right |

|  |  |
| --- | --- |
| 3 | LF Step side left |

|  |  |
| --- | --- |
| & | LF-RF Unstick the heels of the ground without unstick soles of the foot |

|  |  |
| --- | --- |
| 4 | LF-RF Rest heels on the ground |

|  |  |
| --- | --- |
| 5 | RF Rock back right |

|  |  |
| --- | --- |
| & | LF recover |

|  |  |
| --- | --- |
| 6 | RF touch side right |

|  |  |
| --- | --- |
| 7-8 | Turning hips left to right |

**LOCK STEP BACK, LOCK STEP, ROCK STEP BACK, SWEEP ¾**

|  |  |
| --- | --- |
| 9 | LF Step back |

|  |  |
| --- | --- |
| & | RF Lock over left |

|  |  |
| --- | --- |
| 10 | LF Step back |

|  |  |
| --- | --- |
| 11 | RF Step back |

|  |  |
| --- | --- |
| & | LF Step over right |

|  |  |
| --- | --- |
| 12 | RF Step back |

|  |  |
| --- | --- |
| 13 | LF Rock back left |

|  |  |
| --- | --- |
| 14 | RF Recover |

|  |  |
| --- | --- |
| 15-16 | LF Sweep ¾ right |

**TAG: WALL 4, AFTER 14 COUNT, CHANGE COUNT 15-16, STEP FORWARD LF,TOUCH RF AND RESTART DANCE**

**CROSS, SIDE, BEHIND SIDE CROSS, BIG STEP, SEILOR 1/4**

|  |  |
| --- | --- |
| 17 | LF Cross over right |

|  |  |
| --- | --- |
| 18 | RF Step side right |

|  |  |
| --- | --- |
| 19 | LF Cross behind right |

|  |  |
| --- | --- |
| & | RF Step side right |

|  |  |
| --- | --- |
| 20 | LF Cross over right |

|  |  |
| --- | --- |
| 21-22 | RF Big step right |

|  |  |
| --- | --- |
| 23&24 | LF Cross behind ,1/4 turn left, RF step side right, LF step side left |

**WALK, WALK, OUT, OUT, IN, CROSS, BOUNCE, BOUNCE, TURN 3/4**

|  |  |
| --- | --- |
| 25 | RF Walk forward |

|  |  |
| --- | --- |
| 26 | LF Walk forward |

|  |  |
| --- | --- |
| & | RF Step side right |

|  |  |
| --- | --- |
| 27 | LF Step side left |

|  |  |
| --- | --- |
| & | RF Step in |

|  |  |
| --- | --- |
| 28 | LF Cross over right |

|  |  |
| --- | --- |
| & | LF-RF Unstick the heels of the ground without unstick soles of the foot |

|  |  |
| --- | --- |
| 29 | LF-RF Rest heels on the ground |

|  |  |
| --- | --- |
| & | LF-RF Unstick the heels of the ground without unstick soles of the foot |

|  |  |
| --- | --- |
| 30 | LF-RF Rest heels on the ground |

|  |  |
| --- | --- |
| 31-32 | LF ¾ turn right |

**Contact: diddl-01@hotmail.com**