

# Rhythm Inside

**COPPER** **NOB**  
BY THE POUND

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 $\frac{3}{4}$**

- 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  $\frac{3}{4}$  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 $\frac{1}{4}$**

- 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 ,  $\frac{1}{4}$  turn left, RF step side right, LF step side left

## **WALK, WALK, OUT, OUT, IN, CROSS, BOUNCE, BOUNCE, TURN $\frac{3}{4}$**

- 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  $\frac{3}{4}$  turn right

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