Inside Out (裡裡外外) (zh)

拍数: 32 **墙数:** 4 **级数:** Intermediate

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音乐: On the Outside - Roch Voisine

第一段 **Cross Rock/Recover, Ball Cross, Step Side, Back Cross, Coaster Cross, Cross Step 交叉下沉/回復, 原地交叉, 側踏, 後交叉, 海岸交叉, 交叉踏**

1-2 Cross Rock/Lean Right Over Left, Recover Back On Left
右足於左足前交叉下沉, 左足回復

&3-4 Step Right Slightly Back & Cross Left Over Right, Step Right To Right Side 右足略後踏, 左足於右足前交叉踏, 右足右踏

&5-6 Facing Left Diagonal: Step Back On Left, Cross Right Over Left, Step Back On Left 面向左斜角線 : 左足後踏, 右足於左足前交叉踏, 左足後踏

&7-8 Straightening Up: Step Back On Right, Cross Left Over Right, Cross Right Over Left (7-8 Travelling Forward)
身體伸直 : 右足後踏, 左足於右足前交叉踏, 右足於左足前交叉踏 (7-8拍往前走)

第二段 **Triple ½ Turn Right, Rock/Recover ¼ Turn Left, Rock/Recover ½ Turn Right, Full Turn Right 小三步右轉1/2, 下沉/回復 左轉1/4, 下沉/回復 右轉1/2 右轉圈**

1&2 Stepping Left, Right, Side Left – ½ Turn Right
左, 右, 左 - 右轉180度

RESTART On Wall 4 Facing 3 O/C第四面牆面向3點鐘時從頭跳起

3&4 Rock Back On Right, Recover On Left, ¼ Turn Left Stepping Right To Right Side 右足後下沉, 左足回復, 左轉90度右足右踏

5&6 Rock Back On Left, Recover On Right, ½ Turn Right Stepping Left In Place 左足後下沉, 右足回復, 右轉180度左足踏

7&8 Triple Fully Turn Right Stepping, Right, Left, Right
小三步轉圈(右, 左, 右)

第三段 **Ball Step Forward, Run Forward, Rock/Recover, Coaster Cross, Rock & Cross 前踏, 前踏, 下沉/回復, 海岸交叉, 下沉 & 交叉**

&1 Step Left Slightly Forward, Step Forward On Right
左足略前踏, 右足前踏

2& Small Step/Run Forward On Left, Small Step/Run Forward On Right
左足前踏, 右足前踏

3-4 Rock/Lean Forward On Left, Recover On Right
左足前下沉, 右足回復

5&6 Step Back On Left, Step Back On Right, Cross Left Over Right
左足後踏, 右足後踏, 左足於右足前交叉踏

7&8 Side Rock Right, Recover On Left, Cross Right Over Left
右足側下沉, 左足回復, 右足於左足前交叉踏

第四段 **Ball ½ Turn & Side Step, & Cross & Rock/Recover, Ball Cross Unwind, Ball Cross Unwind 轉1/2 側踏, 交叉, 下沉/回復, 交叉旋繞, 交叉旋繞**

&1 ¼ Turn Right Stepping Back On Left, ¼ Turn Right Stepping Right To Right Side 右轉90度左足後踏, 右轉90度右足右踏

2&3	Cross Left Over Right, Step Right To Right Side, Cross Rock/Lean Left Over Right 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉下沉
4	Recover Back On Right 右足回復
&5	Step Left To Left Side, Cross Right Over Left 左足左踏, 右足於左足前交叉踏
6	Unwind Full Turn Left Finishing With Weight On Right 左旋繞轉圈重心在右足
&7	Step Left To Left Side, Cross Right Over Left 右足左踏, 右足於左足前交叉踏
8&	Unwind Full Turn Left Finishing With Weight On Right, Step Left To Left Side (Steps &5 To 8& Are Travelling To Left Side) 左旋繞轉圈重心在右足, 左足左踏 (&5 及 8& 拍會向左移動)