

On The Inside

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Jan Wyllie (AUS)
音乐: Pocket of a Clown - Dwight Yoakam



- 1&2 Right leg kick ball change
3 Stomp right forward with foot turned inward - weight on left
4 Keeping right heel in place turn right foot out to center taking weight on it
5&6 Left leg kick ball change
7 Stomp left forward with foot turned inward - weight on right
8 Keeping left heel in place turn left foot out to center taking weight on it

9 Stomp right forward with foot turned inward - weight on left
10 Turn right toes outwards - weight on left
11-16 Keeping weight on left swivel right heel out, in, out, in, out, in

17-18-19-20 Rock weight to right, rock/ step left to left, cross shuffle to the left (right, left, right)
During the next 10 counts the right leg remains in place but right heel may raise up & down
21-22 Rock/step left to left, rock/return weight to right
23 Rock/ step left across in front of right turning body to the right diagonal
24 Rock/return weight to right leg

25-26 Rock/step left to left, rock/return weight to right - body is now facing straight ahead
27 Rock/step left behind right turning body to the left diagonal
28 Rock/return weight to right
29-30 Step left to left straightening body, pivot ¼ turn right transferring weight to right
31-32 Making a full turn right step forward left, right
33&34 Shuffle forward left, right, left
35-36 Rock forward on right, rock back on left
27-38-39-40 Toe strut backwards on right, making a ½ turn left heel strut forward on left

41-42 Step forward on right, pivot ¼ left transferring weight to left
43&44 Cross shuffle slightly to the left diagonal right, left, right
45-46 Rock/step left to left, rock weight to right
47&48 Stamp left beside right, step back slightly on right, step forward on left

REPEAT