

# Doubled Up

拍数: 32      墙数: 4      级数: Improver  
编舞者: Robert Lindsay (UK) - March 2011  
音乐: Inside Out (Latin Mix) - Imelda May & Blue Jay Gonzalez



**64 Count Intro. Start dance on lyrics.**

**[1-8] ½ Turn Rhumba Box with Touches**

- 1-2      Step right to right side. Step left beside right.
- 3-4      Stepping forward, step right ¼ turn right. Touch left beside right.
- 5-6      Step left to left side. Step right beside left.
- 7-8      Stepping back, step left ¼ turn right. Touch right beside left.

**[9-16] Step Hold, Cross Rock, Recover. Step Hold. Cross Rock, Recover**

- 1-2      Step right to right side. Hold.
- 3-4      Cross rock left over right. Recover weight onto right.
- 5-6      Step left to left side. Hold.
- 7-8      Cross rock right over left. Recover weight onto left.

**[17-24] ¼ Step, Hold, Step ½ Turn Pivot, ½ Turn, Hold, Behind, Side.**

- 1-2      Step right ¼ turn right. Hold.
- 3-4      Step forward left. Pivot ½ turn right.
- 5-6      Turning ½ turn right, step back on left. Hold.
- 7-8      Step right behind left. Step left to left.

**[25-32] Slow Crossing Shuffle with Hold, Rock, Recover, Cross, Hold.**

- 1-2      Cross right over left. Step left beside right.
- 3-4      Cross right over left. Hold.
- 5-6      Rock left to left. Recover weight onto right.
- 7-8      Step left across in front of right. Hold.

**Contact Email: [robertmlindsay@hotmail.com](mailto:robertmlindsay@hotmail.com)**