

# Inside Out

拍数: 32      墙数: 4      级数: Newcomer  
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音乐: Inside Out - Love and Theft



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## **SAILOR STEP 2x, TOUCH, CROSS, TOUCH, CROSS,**

- 1 & 2      Cross Rf behind Lf, Step Lf to L side, Step Rf to R side
- 3 & 4      Cross Lf behind Rf, Step Rf to R side, Step Lf to L side
- 5 - 6      Touch Rf to R side, Cross Rf over Lf
- 7 - 8      Touch Lf to L side, Cross Lf over Rf

## **ROCKSTEP, SHUFFLE ½ TURN, ROCKSTEP, SHUFFLE ½ TURN**

- 1 - 2      Rock Rf forward, Recover back on Lf
- 3 & 4      Make a ¼ turn R and step Rf to R side, Close Lf next to Rf, Make a ¼ turn R step Lf forward
- 5 - 6      Rock L forward, Recover back on R
- 7 & 8      Make a ¼ turn L and step Lf to L side, Close Rf next to Lf, Make a ¼ turn L and step Rf forward

## **CHASSE, ROCKSTEP, CHASSE, CROSS, STEP ¼ TURN**

- 1 & 2      Step Rf to R side, Close Lf next to Rf, Step Rf to R side
- 3 - 4      Rock Lf diagonally forward to the R, Recover back on R
- 5 & 6      Step Lf to L side, Close Rf next to Lf, Step Lf to L side
- 7 - 8      Cross Rf over Lf, Make a ¼ turn to the L on Lf and step R forward

## **SYNCOPATED TOUCHES, KICK BALL STEP 2x**

- 1 &      Touch Rf to R side, Close Rf next to Lf
- 2 &      Touch Lf to L side, Close Lf next to Rf
- 3 &      Touch Rf forward, Close Rf next to Lf
- 4      Step Lf forward
- 5 & 6      Kick Rf forward, Close Rf next to Lf, Step Lf forward
- 7 & 8      Kick Rf forward, Close Rf next to Lf, Step Lf forward

**Restart: after the 4th wall (when facing the first wall again) start again after 16 counts.**

**START AGAIN HAVE FUN.**

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