

Inside Out

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Carole Daugherty (USA)
音樂: Inside Out - Trisha Yearwood With Don Henley



BACK-BACK-SIDE, ROCK-STEP-SIDE, ½, ¼, ¼ RIGHT, ROCK-STEP-CROSS

- 1&2 Step diagonally back right with right foot, slide left foot back diagonally right, step back diagonally right next to left foot
- 3&4 Rock ball of left foot behind right foot, step right slightly right, step left foot out left
- 5&6 Turn ½ right to step on right foot, step back ¼ right on left foot, step ¼ right on right foot
- &7-8 Rock left toes out to left side, step right on right, step left foot across right foot

ROCK-BALL-CROSS, RIGHT TIP TOE FULL TURN, ROCK, RECOVER, BALL-CROSS-STEP, STEP

- 9&10 Rock right foot out right, step back on ball of left foot, step right across left angled facing left
- 11&12& Step out left on left foot, pivot ½ right on the ball of left foot to step ball of right foot next to left, pivot ½ right on ball of right foot to step on ball of left foot next to right, step right on right foot
- 13-14 Rock left foot forward across right foot angled facing right, recover weight onto right foot
- &15-16 Step back on the ball of left foot, step right foot across left, step left foot out left

ROCK, RECOVER, BALL-CROSS, SLIDE, BEHIND-SIDE-STEP, BEHIND-SIDE-STEP

- 17-18 Rock right foot forward across left foot angled facing left, recover onto left foot
- &19-20 Step back right on right foot, cross left foot over right, slide right foot wide right
- 21&22 Step left foot behind right foot, step on right foot, step wide left on left foot
- 23&24 Step right foot behind left foot, step on left foot, step wide on right foot pointing left toes left

FULL LEFT SWEEPING SAILOR, ¼ LEFT SWEEPING SAILOR, ROCK, ¼ RECOVER, CROSS-BACK-¼ LIFT

- 25&26 Sweep left toes to the left in a large arc to complete a full left turn stepping on left foot, step right foot slightly right, point left toes forward left
- 27&28 Sweep left toes to the left to step left foot ¼ left, step back on right foot, step forward on left foot

Option: melt counts 1-4 into a 1 ¼ reverse left sweep, turning on right foot to finish sweep stepping down on left foot on count 4

- 29-30 Rock forward on right foot, recover weight onto left foot turning ¼ left
- 31&32 Step right foot across left foot, step left foot next to right rising on the balls of both feet, turn ¼ right while on toes to take weight left

REPEAT

RESTART

After the 2nd (6:00) and 3rd (3:00) walls dance the 1st 8 count section, begin again on count 1