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Inhibitions
64 Count, 4 Wall, Intermediate
Choreographer: Peter Metelnick \& Alison Biggs (UK)
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Choreographed to: Inhibitions by Alcazar (132bpm)

Start on verse vocals on the word ... IF
(1-8) $\quad R$ side touch, hold, $L$ \& $R$ side switches, $R$ fwd rock \& recover, $R$ ball cross
1-2 Touch R toes side, hold
\&3\&4 Step R together, touch $L$ toes side, step $L$ together, touch $R$ toes side
5-6 Rock $R$ forward, recover weight on $L$
\&7-8 Step R back, cross step L over R, step R side
(9-16) Weave $R 2$, $L$ cross rock \& recover, $L$ ball cross into $1 / 2 R$ hinge turn, $L$ cross step
1-4 Cross step $L$ behind $R$, step $R$ side, cross rock $L$ over $R$, recover weight on $R$
\&5-6 Step L back, cross step R over L, turning $1 / 4$ right step $L$ back
7-8 Turning $1 / 4$ right step $R$ side, cross step L over R ( 6 o'clock)
(17-24) $R$ side hold, $R$ side, $L$ touch together, vine $L$ with $1 / 4 L$
1-2\& Step R side, hold, step $L$ together
3-4 Step $R$ side, touch $L$ together
5-8 Step $L$ side, cross $R$ behind $L$, turning $1 / 4$ left step $L$ forward, step R forward (3 o'clock)
(25-32) L fwd rock \& recover, L together, $R$ touch step, hold, L fwd rock \& recover, L coaster cross
1-2 Rock L forward, recover weight on $R$
\&3-4 Step L together, touch R together (R knee popped forward), hold
\&5-6 Step right foot in place, rock $L$ forward, recover weight on $R$
7\&8 Step L back, step R together, cross step L over R
(33-40) $R$ toe strut, $L$ back rock \& recover, vine $L$ with $L$ ball cross $1 / 4 L$ turn
1-4 Touch $R$ toes side, step $R$ heel down, rock $L$ back, recover weight on $R$
5-6 Step $L$ side, cross step $R$ behind $L$
\&7-8 Step $L$ side, cross step R over $L$, turning $1 / 4$ left step $L$ forward (12 o'clock)
(41-48) Turn $1 / 4 \mathrm{~L}$ \& $R$ toe strut, $L$ back rock \& recover, vine $L$ with $L$ ball cross $1 / 4 L$ turn
1-4 Turning $1 / 4$ left step $R$ toe side, step $R$ heel down, rock $L$ back, recover weight on $R$
5-6 Step $L$ side, cross step $R$ behind $L$
\&7-8 Step L side, cross step R over L, turning $1 / 4$ left step L forward (6 o'clock)
(49-56) $3 / 4 \mathrm{~L}$ turn, $\mathrm{R} \& \mathrm{~L}$ cross points, R coaster step
1-2 Turning $1 / 2$ left step $R$ back, turning $1 / 4$ left step $L$ side ( 9 o'clock)
3-6 Cross step $R$ over $L$, point $L$ side, cross step $L$ over $R$, point $R$ side
7\&8 Step L back, step R together, step L forward
Ending: On final wall you will get this far, step L forward and strike a pose!
(57-64) L fwd rock \& recover, $1 / 4 \mathrm{~L}$ \& $L$ together, $R$ fwd, $1 / 4 L$ pivot turn, $R$ jazz box
1-2 Rock $L$ forward, recover weight on $R$
\&3-4 Turning $1 / 4$ left step $L$ together, step $R$ forward, pivot $1 / 4$ left
5-8 Cross step R over L, step L back, step R side, step L forward (3 o'clock)

