



STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Castian 1	Side Beek Beek 1/4 Turn Side Crees v 2 Beek Crees Side		
Section 1	Side, Back Rock, 1/4 Turn Side Cross x 2, Rock, Cross, Side  Step left to left side.	Side	Left
2 &	-	Back Rock	Back
3 - 4 &	Rock back on right. Recover onto left stepping slightly in front of right.  Turn 1/4 right stepping right forward. Step left to side. Cross right over left.	Turn Side Cross	Turning right
5 - 6 &	Turn 1/4 right stepping left back. Step right to side. Cross left over right.	Turn Side Cross	Turning right
7 & 8 &	Rock right to side. Recover onto left. Cross right over left. Step left to side.	Rock Cross Side	Left
Section 2	Behind Sweep, Behind Side, Cross Sweep, Cross Shuffle, Rocks x 2, 1/4 Turn		
1 &	Cross right behind left. Sweep left from front to back.	Behind Sweep	Left
2 &	Cross left behind right. Step right to right side.	Behind Side	Right
3 &	Cross left over right. Sweep right from back to front.	Cross Sweep	
4 &	Cross right over left (angling body to left diagonal). Step left beside right.	Cross Side	Left
5 - 6	Cross rock right over left (still to left diagonal). Recover onto left.	Cross Rock	
& 7	Step right beside left. Cross rock left over right (angling to right diagonal).	& Cross	Right
8 &	Recover onto right. Turn 1/4 left on ball of right stepping left forward.	Rock Turn	Turning left
Section 3	Side, Back Rock, 3/4 Turn, Walk x 2, Rock, Back x 2, & Step Together		
1	Step right to right side (facing 3:00)	Side	Right
2 &	Rock back on left. Recover onto right stepping slightly in front of left.	Back Rock	Back
3 &	Turn 1/4 right stepping left back. Turn 1/2 right stepping right forward.	Turn Turn	Turning right
4 &	Walk left forward. Walk right forward. (12:00)	Walk Walk	Forward
5 - 6	Rock forward on left. Recover onto right.	Right Rock	
& 7	Step left back. Step back right.	& Back	Back
& 8 &	Step left beside right. Step right forward. Step left beside right.	& Step Together	Forward
Section 4	Step, 1/4 Turn, Cross Shuffle x 2, Side Rock, Cross, 1/2 Turn, Cross		
1 &	Step right forward. Turn 1/4 right on ball of right, sweeping left in ronde.	Step Turn	Turning right
2 &	Cross left over right. Step right to right side.	Cross Side	Right
3 &	Cross left over right. Sweep right round from back to front.	Cross Sweep	
4 & 5	Cross right over left. Step left to left side. Cross right over left.	Cross Side Cross	Left
6 &	Rock left to left side. Recover onto right.	Side Rock	Left
7 &	Cross left over right. Make 1/4 turn left stepping right back.	Cross Turn	Turning left
8 &	Make 1/4 turn left stepping left to side. Cross right over left. (facing 9:00)	Turn Cross	

4 Wall Line Dance:- 32 Counts. Intermediate Nightclub 2 Step.

Choreographed by:- Masters In Line (Rachael McEnaney) (UK) April 2006.

Choreographed to:- 'Inside Your Heaven' by Carrie Underwood (68 bpm) from Some Hearts Album (16 count intro).

Music Suggestions:- 'Because of You' by Kelly Clarkson from Breakaway CD; 'Breathe' by Faith Hill (68bpm) from Breathe CD.