

Love's On The Inside

INTERMEDIATE

32 Count 4 Walls

Choreographed by: Jill Babinec & Scott Schrank

Choreographed to: Feel Good by Gwen Guthrie

Section 1 STEP-POINT, CROSS, POINT, SAILOR-TURN-FORWARD, BUMP, BUMP, SAILOR STEP

- & 1 - 2 - 3 Step Rt across L (&), Point L toes left (1), Cross L foot over Rt (2), Point Rt toes Rt (3)
4 & 5 Step ball of Rt behind left (4), Make 1/2 turn Rt on ball of Rt stepping L foot next to Rt (&), Step Rt foot forward shoulder width apart but keep weight mainly on left (5) (6:00)
6 - 7 Bump hips Rt as pivot 1/8 turn left on balls of feet (6), Repeat to face (3:00 wt L) (7) *Option-Start Paddle turn 1/4 left & bump Rt hip (6), Repeat paddle bump to finish 1/4 turn (7)
8 & 1 Step ball of Rt behind L foot (8), Step L next to Rt (&), Step Rt slightly forward (8)

Section 2 SAILOR- 1/4 TURN, ROCK & 1/2 TURN, STEP, 1/4 TURN L REPLACE-KICK

- 2 & 3 Step L behind Rt (2), Make 1/4 turn L on ball of L stepping Rt next to L (&), Step L slightly forward (3) (12:00)
4 & 5 Rock fwd Rt (4), Recover on L starting 1/2 right (&), Step fwd Rt & finish 1/2 turn (5) (6:00)
6 - 7 Step forward on L foot (6), Pivot 1/2 turn Rt (Weight on right)(7) (12:00)
8 & 1 Step forward on L (8), Turn 1/4 L as you step side right (&), L slide/step next to Rt with Rt low kick to Rt side (left foot is meant to 'kick' out right leg) (1) (9:00)

Section 3 CROSS, SIDE ROCK CROSS, BACK-BACK-BEHIND 1/8 TURN, SIDETOGETHER -FWD

- 2 & 3 Cross Rt over L (2), Side rock L and slightly fwd on L (&), Recover back onto Rt (3)
4 Cross L over Rt (4)
5 & 6 Step Rt back on right diagonal (body will open on L diag) (5), Step L back (still on same diagonal) (&), Step Rt back & slightly behind L (body will be open on L diag) (6)
7 & 8 Step L to Lside as begin to square body up (7), Step R next to L (&), Step L fwd (8) (9:00)

Section 4 KNEE ROLL 1/4 TURN, SHUFFLE FWD, 1/4 PIVOT TURN, CROSS, WEAVE

- 1 & 2 Step Rt fwd and roll knee out fwd and clockwise - rotate hip to follow knee (1), Rotate Rt knee back counter-clockwise - rotate hip to follow as you begin your 1/4 turn L (&), Finish 1/4 turn left (6:00) and place weight on Rt (sink wt into Rt hip like your sitting) (2)
3 & 4 Step L forward (3), Step Rt next to L (&), Step L forward (4)
5 & 6 Step R forward (5), Pivot 1/4 turn L weight on L (&) Step Rt across L (6)
7 & 8 Step L to L (7), Step Rt behind L (&), Step L to L (8)

START OVER