

Inside Out

32 Count, 4 Wall, Beginner

Choreographer: Chatti The Valley (Spain) Feb 2015

Choreographed to: Inside Out by Love and Theft (144 bpm)

Intro: 32 counts

1-8: Right HEEL, Back TOE, SIDE, FLICK & SLAP, Right GRAPEVINE.

- 1 Touch right heel forward
- 2 Touch right toe back
- 3 Touch right toe to right side
- 4 Flick right, slap right boot with left hand
- 5 Step right to right side
- 6 Step left behind right
- 7 Step right to right side
- 8 Touch left beside right foot

9-16: Left HEEL, Back TOE, SIDE & SLAP, FLICK, Left GRAPEVINE.

- 1 Touch left heel forward
- 2 Touch left toe back
- 3 Touch left toe to left side
- 4 Flick left, slap left boot with right hand
- 5 Step left to left side
- 6 Step right behind left foot
- 7 Step left to left side
- 8 Touch right beside left foot

17-24: Right ¼ MONTERREY TURN, Right JAZZBOX.

- 1 Touch Right toe to right side
- 2 ¼ turn right, step right beside left foot (3:00)
- 3 Touch Left toe to Left side
- 4 Step Left beside Right foot
- 5 Cross right over left foot
- 6 Step left back
- 7 Step right to right side
- 8 Step left beside right foot

25-32: Right ROCKING CHAIR, Right SIDE, TOUCH, Left SIDE, TOUCH.

- 1 Step right forward
- 2 Recover weight on left foot
- 3 Step right back
- 4 Recover weight on left foot
- 5 Step right to right side
- 6 Touch left beside right foot
- 7 Step left to left side
- 8 Touch right beside left foot

RESTART: During fifth (5th), dance only the 16 counts, you are facing 12:00, and start from the beginning.