
Intro: 64 counts approx. 32 seconds, start on lyrics "Rhythm Inside"

Section 1: R Hitch, L Heel Jack x2, R Rocking chair

1&2& Hitch R knee, Step down on RF, Touch L heel forward, Step LF next to RF
3&4& Touch RF next to LF, Step back on RF, Touch L heel forward, Step LF next to RF
5-6 Rock forward on RF, Recover onto LF
7-8 Rock back on RF, Recover onto RF

Section 2: ½ Pivot L, ½ turn L with Sweep, Behind, Side, Cross, Sweep

1-2 Step forward on RF, Make a ½ turn L
3-4 Make a ½ turn L closing RF next to LF and sweep LF back, Hold
5-6 Cross LF behind RF, Step RF to R side
7-8 Cross LF in front of RF and sweep RF forward, Hold

Section 3: Cross, Side, Back rock, Recover, ½ turn pivot L, ¼ turn L, Hip roll, Bump

1-2 Cross RF over LF, Step LF to L side
3-4 Rock back on RF, Recover onto LF
5-6 Step forward on RF, Make a ½ turn L
7-8 Make a ¼ turn L and step RF to RF side starting to circle hips, Bump hips to L

Section 4: Hip roll, Bump, R Kick ball cross, Slide to R, Twist heels R, Return

1-2 Circle hips, Bump hips to R
3&4 Kick RF towards R diagonal, Step RF next to LF, Cross LF over R
5-6 Take a big step to the R with RF, Close LF next to RF
7-8 Twist both heels to R, Twist both heels to centre (Weight on LF)

Section 5: Kick R, Kick L, Touch, Heel, Side switches, Step R, Touch

1&2& Kick RF forward, Step RF next to LF, Kick LF forward, Cross LF over RF
3&4& Touch RF behind LF, Step back on RF, Kick LF forward, Step down on LF
5&6& Point RF to R side, Close RF next to LF, Point LF to L side, Close LF next to RF
7-8 Step RF to R side, Touch LF next to RF and click fingers out to sides

Section 6: Full Turn L, Chasse ¼ turn L, Rock forward, Recover, Jump back, R Keep pop

1-2 Make a ¼ turn L and step forward on LF, Make a ½ turn L and step back on RF
3&4 Make a ¼ turn L and step LF to L side, close RF next to LF, make a ¼ turn L and step forward on LF
5-6 Rock forward on RF, Recover onto LF
&7-8 Jump back and out with RF, Step LF to L side, Pop R knee in

Section 7: L Knee pop, ¼ turn L, Scuff, Out, Out, R Sailor Step, L Sailor Step with ¼ turn L

1-2 Pop L knee in whilst returning R knee to normal position, Make a ¼ turn L stepping onto LF
3&4 Scuff RF forward, Step RF to R side, Step LF to L side
5&6 Cross RF behind LF, Step LF to L side, Step RF to R side
7&8 Cross LF behind RF, Step RF to R side, Make a ¼ turn L and step forward on LF

Section 8: Step Forward, Point, Step forward, Point, R Jazz Box

1-2 Step forward on RF, Point LF to L side
3-4 Step forward on LF, Point RF to R side
5-6 Cross RF over LF, Step back on LF
7-8 Step RF to R side, Step forward on LF

Hope you enjoy the dance.

Live to Love; Dance to Express.