



You Turn Me Inside Out

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32 Count, 4 Wall. Improver
Choreographed by: Val Saari (Can) July 2020
Choreographed to: Inside Out by Italo Brothers.
Intro 8 Counts. On downbeat after the word 'Well'

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 SHUFFLE FWD RLR, ROCK /RECOVER, LF DOUBLE ROCKING CHAIR

- 1&2 Shuffle forward RLR
- 3-4 Rock LF forward, Recover RF
- 5&6& Rock LF back, Recover RF, Rock LF forward, Recover RF
- 7&8 Rock LF back, Recover RF, Rock LF forward, Hold

SEC 2 RF ROCK/RECOVER, TURNING SHUFFLES (1/2 R, 1/2 R), SWAY R,L

- 1-2 Rock RF forward, recover LF
- 3&4 Shuffle back RLR Pivot 1/2 R
- 5&6 Shuffle back LRL Pivot 1/2 R
- 7-8 Step RF to right and sway, Sway left (weight on LF)

SEC 3 MAMBOS CHA CHA CHA X 2 (RL)

- 1-2 RF Cross over L, LF Recover weight
- 3&4 Step RF right, Step LF in place, Step RF in place
- 5-6 LF Cross over R, RF Recover weight
- 7&8 Step LF left, Step RF beside L, Step LF in place

SEC 4 RF SHUFFLE FWD, PIVOT 1/2 R, LF SHUFFLE FWD, PIVOT 1/4 L

- 1&2 Step RF forward, Step LF beside R, Step RF forward
- 3-4 Step LF forward, Pivot 1/2 R
- 5&6 Step LF forward, Step RF beside L, Step LF Forward
- 7-8 Step RF forward, Pivot 1/4 L

Repeat

EZ TAG: 4 COUNTS & RESTART AFTER WALLS 2,3,5,7

JAZZ BOX

- 1-2 Cross RF over Left, Step Left back
- 3-4 Step RF to R side, Step LF together

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