



Internal Storm

32 Count 4 Wall Advanced Level Dance.
Choreographed by: Lucy Cooper (UK) Nov 2024
Choreographed to: Storm by Anthony Gargiula
Intro: 8 Counts. Start at approx 6 secs.

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SEC 1 CROSS DRAG $\frac{1}{8}$, CROSS, $\frac{1}{8}$ SIDE, BACK ROCK, $\frac{1}{4}$ SWAY, SWAY, STEP DRAG, CROSS, $\frac{1}{4}$ BACK

- 1-2& Cross L over R turning $\frac{1}{8}$ L dragging R in and across L, cross R over L, turning $\frac{1}{8}$ R step L to L side
3-4& Rock back onto R opening up to R diagonal, recover onto L, step R back turning $\frac{1}{4}$ L (9:00)
5-6 Sway L to L side turning $\frac{1}{4}$ L, Sway to R side (6:00)
7-8& Step L to side dragging R in, cross R over L, step L back turning $\frac{1}{4}$ R (9:00)

SEC 2 $\frac{1}{4}$ ROCK, BEHIND, SIDE ROCK, BACK ROCK, $\frac{1}{2}$ SWEEP, BACK ROCK, FULL SPIRAL, RUN RUN $\frac{1}{4}$

- 1-2& Rock R to R side turning $\frac{1}{4}$ R, recover onto L, cross R behind L (12:00)
3&4& Rock L to L side, recover onto R, rock L back, recover onto R
5-6& Step L back turning $\frac{1}{2}$ R sweeping R back, rock R back, recover onto L (6:00)
7-8& Step R forward hooking L in with full L spiral turn, Run L R curving $\frac{1}{4}$ L (3:00)

Restart Here on wall 2, adjusting the Run Run to run forward rather than $\frac{1}{4}$ L

SEC 3 STEP, KICK, CROSS, BACK, BACK, CROSS, BACK, TOGETHER, STEP, $\frac{1}{2}$ SWEEP, CROSS ROCK, SIDE

- 1&2& Step L forward, kick R forward, cross R over L, step L diagonally back
3&4& Step R back to R diagonal, cross L over R, Step R back, Close L beside R
5-6 Step R forward, Step L sweeping R and turning $\frac{1}{2}$ L (9:00)
7-8& Cross rock R over L, recover onto L, step R to R side

SEC 4 $\frac{1}{4}$ NIGHTCLUB, SIDE, BEHIND, $\frac{1}{4}$ STEP, CROSS ROCK, $\frac{1}{2}$ STEP, $\frac{1}{4}$ SIDE DRAG, BEHIND, SIDE

- 1-2& Step L to side turning $\frac{1}{4}$ R, step R beside L, cross L over R
3&4 Step R to R side, cross L behind, step L forward turning $\frac{1}{4}$ R (3:00)
5-6& Cross rock L over R torquing the body to the right, recover onto R, step L forward turning $\frac{1}{2}$ L (9:00)
7-8& Take large step R to R side dragging left in and pushing both arms out to sides, cross L behind R, step R to R side

Tag At the end of Wall 3

CROSS DRAG $\frac{1}{8}$, CROSS, $\frac{1}{8}$ SIDE, BACK ROCK, $\frac{1}{2}$ SPIRAL

CROSS DRAG $\frac{1}{8}$, CROSS, $\frac{1}{8}$ SIDE, BACK ROCK, $\frac{1}{2}$ SPIRAL

- 1-2& Cross L over R turning $\frac{1}{8}$ L dragging R in and across L, cross R over L, step L to L side (6:00)
3-4& Rock back onto R opening up to R diagonal, recover onto L, step R back hooking L in turning $\frac{1}{2}$ L (12:00)
5-6& Cross L over R turning $\frac{1}{8}$ L dragging R in and across L, cross R over L, step L to L side (12:00)
7-8& Rock back onto R opening up to R diagonal, recover onto L, step R back hooking L in turning $\frac{1}{2}$ L (6:00)

