



King On The Inside

64 Count 2 Wall Advanced Level Dance.

Choreographed by: Ryan Hunt (UK) Sept 2026

Choreographed to: King On The Inside by RICH LIN

Intro: 32 Counts. Start at approx 15 secs.

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SEC 1 ROCK, BACK, ¼ OUT, OUT, HOLD, BALL CROSS, UNWIND ¾

1-2-3 Rock R forward, recover L, step R back

4-5-6 Make ¼ L stepping L to L, step R to R, hold (9:00)

Arms On Walls 2, 4 and 5

4 Place hands on either side of head to form a "king" crown,

5 Keeping hands vertical with palms facing in, pull your crown down in front of your chest "on the inside"

&7-8 Close L next to R, cross R over L, unwind ¾ L weight to L (12:00)

SEC 2 ROCK, SIT W/ TOUCH, RUN FULL TURN

1-2 Rock R forward, recover L

3-4 Step R back, touch L forward

Styling Roll R shoulder back and sit over R hip

5-6 Make ¼ L run L forward, make ¼ L run R forward (6:00)

7-8 Make ¼ L run L forward, make ¼ L run R forward (12:00)

SEC 3 STEP, SWEEP, CROSS, ¼ BACK, ¼ SIDE ROCK, & SIDE ROCK

1-2 Step L forward, sweep R from back to front

3-4 Cross R over L, make ¼ R stepping L back (3:00)

5-6 Make ¼ R rocking R to R side, recover L (6:00)

&7-8 Close R next to L, rock L to L, recover R

SEC 4 BEHIND SIDE CROSS, STEP, HOLD, ROCK, FULL TURN BACK

1&2 Cross L behind R, step R to R, cross L over R

3-4 Make ½ R big step forward R drag L towards R, hold (7:30)

Arms Reach both hands forward and close fists as you pull hands into chest

5-6 Rock L forward, recover R

7-8 Make ½ L stepping L forward, make ½ L stepping R back (7:30)

SEC 5 ⅝ STEP SWEEP, CROSS, SIDE, BEHIND SWEEP, BEHIND, SIDE

1-2 Make ½ L stepping L forward, make ⅝ L sweeping R forward (12:00)

3-4 Cross R over L, step L to L

5-6 Cross R behind L, sweep L from front to back

7-8 Cross L behind R, step R to R



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SEC 6 CROSS HEEL GRIND, & CROSS HEEL GRIND, BALL CROSS, ¼ BACK, PONY STEP

- 1-2 Dig L heel across R, fan toes from R to L step R to R side
&3-4 Close L next to R, dig R heel across L, fan toes from L to R step L to L side
&5-6 Close R next to L, cross L over R, make ¼ L stepping R back (9:00)
7&8 Step L back hitch R knee, recover R in place, step L back hitch R knee

SEC 7 SLOW ROCK BACK, STEP, ½ BACK, ¼ SLOW LUNGE, CLOSE

- 1-2 Rock R back over 2 counts
3-4 Step L forward, make ½ L stepping R back (3:00)
5-6 Make ¼ L lunging L to L over 2 counts (12:00)
Arms On Walls 1 & 3 Lift L arm & tap R index finger on L wrist on "time"
On Walls 2, 4 & 5 Extend arms up & cascade down on "shine"
7-8 Recover R, close L next to R

Restart Here on Wall 4, dance tag 2 then tag 1 then restart

SEC 8 HEEL BOUNCE, HOLD, STEP ½ PIVOT, STEP, CLOSE, FIST PUMP

- a1-2 Lift both heels off floor, drop heels to floor, hold
3-4 Step R forward, pivot ½ L taking weight onto L (6:00)
5-6 Step R a big step forward, close L next to R
7-8 Punch R fist up in the air over 2 counts on "championnnn" (7-8)

Tag 1 At the end of Walls 2 and 5 (12:00)

MAMBO ½ TURN, HOLD, MAMBO ½ TURN, HOLD

- 1-2 Rock R forward, recover L
3-4 Make ½ R stepping R forward, hold
5-6 Rock L forward, recover R
7-8 Make ½ L stepping L forward, hold

Note on tag after tag 2 replace 7&8 with the following

- 7&8 Make ½ L stepping L forward, make ½ L stepping R back, make ½ L stepping L forward

Tag 2 After 56 counts of Wall 4 (6:00)

RONDE JAMBE, CLOSE, ROCK, COASTER STEP

- 1 Push R toes forward on floor
2-3 Sweep R toes back over 2 counts
4 Close R next to L
5-6 Rock L forward, recover R
7&8 Step L back, close R next to L, step L forward

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ROCK, ½ STEP, HOLD, STEP, STEP SCUFF, HOLD

1-2 Rock R forward over 2 counts

Arms as you wave R arm forward from R shoulder and push palm forward

3-4 Recover onto L, make ½ R stepping R forward (12:00)

5-6 Step L forward, hold

7-8 Step R forward as you simultaneously scuff L heel into a straight leg swing forward, hold

SEC 9 HIP ROLL, DOROTHY STEP, DOROTHY STEP

1-2-3-4 Step L to L side roll hips anticlockwise transferring weight to R over 4 counts

5-6& Step L forward, cross R behind L, step L forward

7-8& Step R forward, cross L behind R, step R forward

SEC 10 ROCK, ½ STEP, HOLD, STEP, HOLD, STEP, HOLD

1-2 Rock L forward over 2 counts

Arms clap hands in front of chest, pushing hands forward and expanding outwards

3-4 Recover/step R back, make ½ L stepping L forward (6:00)

5-6 Step R forward, hold

7-8 Step L forward, hold

Ending After 12 counts of Wall 6

Place hands on either side of head to form a crown,

Keeping hands vertical with palms facing in, pull your crown down in front of your chest



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