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E-mail: admin@linedancermagazine.com

Sweet Inspiration

32 Count, 4 Wall, Improver

Choreographer: Jo & John Kinser (UK) May 2013

Choreographed to: Sweet Inspiration by The Dereks Truck Band (111 bpm iTunes); Own This Club by Marvin Priest

Start 16 counts in on the verse (0.26).

1-8 Walk Fwd, Shuffle Step, Rock Step, Coaster Step

1,2 Walk fwd Rt, Lt
3&4 Step Rt fwd, Step Lt next to Rt, Step Rt fwd
5,6 Rock Lt fwd, Replace weight Rt
7&8 Step Lt back, Step Rt next to Lt, Step Lt fwd

9-16 Rock Step, 3/4 Turn, Sailor Step, Behind & Cross

1,2 Rock Rt fwd, Replace weight Lt
3,4 Make 1/2 turn Rt stepping Rt fwd (6:00), Make 1/4 turn Rt stepping Lt to Lt (9:00)
5&6 Step Rt behind Lt, Step Lt to Lt, Step Rt to Rt
7&8 Step Lt behind Lt, Step Rt to Rt, Step Lt across Rt

17-24 Side Rock, Crossing Shuffle, Rock 1/4 Turn, Step 1/2 Turn

1,2 Rock Rt to Rt, Replace weight Lt
3&4 Step Rt across Lt, Step Lt to Lt, Step Rt across Lt
5,6 Rock Lt to Lt, Make 1/4 turn Rt stepping Rt fwd (12:00)
7,8 Step Lt fwd, Make 1/2 turn Rt stepping Rt fwd (6:00)

25-32 Step, Kick, & Cross, Side, Touch, Kick, & Cross, 1/4 Turn

1,2 Step Lt fwd, Kick Rt fwd diagonally Rt
&3,4 Step ball of Rt slightly back, Cross Lt over Rt, Step Rt to Rt
5,6 Touch Lt next to Rt, Kick Lt fwd diagonally Lt
&7,8 Step ball of Lt slightly back, Cross Rt over Lt, Make 1/4 turn Rt stepping Lt back (9:00)

Tags: At the end of Walls 4 & 8 (12:00) add 4 counts: Walk Fwd, Rt KBC.

Happy Dancing.

Music download available from

Linedancer Magazine, 166 Lord Street, Southport, United Kingdom, PR9 0QA
Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768^{charged at 10p per minute}