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Inside Out

64 count, wall, intermediate level Choreographer: Yvonne Anderson (Scotland)

Sept 2004

Choreographed to: Inside Out by Bryan Adams, The Best of Me (90 bpm); I May Hate Myself In The Morning by Lee Ann Womack, CD: There's More Where That Came From

Notes. 3	start on vocal. The numbers in [] indicate racing wall following each movement
1-8 1-2 3&4 5-6 7&8	ROCK, RECOVER, 1 1/4 TRIPLE TURN LEFT, CROSS ROCK, RECOVER, RIGHT SAILOR Rock Left forward, Recover weight on Right [12] Make 1 1/4 triple turn left stepping Left, Right, Left [9] Rock Right across left, Recover weight on Left and begin to sweep right from front to back [9] Step R behind left, & Step L to left, Step R to right [9]
9-16 1-2& 3-4& 5-6 7-8	STEP-ROCK-RECOVER, STEP-ROCK-RECOVER, POINT, CROSS, POINT, CROSS Step Left to left (long step), Rock Right behind left, & Recover weight on Left [9] Step Right to right (long step), Rock Left behind right, & Recover weight on Right [9] Point Left to left, Step Left across right [9] Point Right to right, Step Right across left (9)
17-24 TRIPLE 1-2 3&4 586 7&8	STEP LEFT FORWARD, SWEEP 1/2 TURN LEFT, FORWARD RIGHT SHUFFLE, 3/4 TURN RIGHT, SIDE-TOGETHER-FORWARD Step Left forward, On ball of left make 1/2 turn left sweeping R out and around [3] Shuffle forward stepping R, L, R [3] Make 3/4 turn right stepping L R, L [12] Step R to right, & Step Left beside right, Step R forward [12]
25-32 STEP R 1-2 3&4 5-6 7&8	STEP LEFT FORWARD, 1/2 TURN RIGHT STEPPING RIGHT BACK, LEFT COASTER, IGHT FORWARD, 1/2 TURN RIGHT, STEPPING LEFT BACK RIGHT COASTER Step Left forward, On ball of left make 1/2 turn right stepping Right back [6] Step Left back, & Step Right beside left, Step Left forward [6] Step Right forward, On ball of Right make 1/2 turn right stepping Left back [12] Step Right back, & Step Left beside right, Step Right forward [12]
33-40 1-2& 3-4& 5-6 7-8	STEP-ROCK-RECOVER, STEP-ROCK-RECOVER, POINT, CROSS, POINT, CROSS Step Left to left (long step), Rock Right behind left, & Recover weight on Left [12] Step Right to right (long step), Rock Left behind right, & Recover weight on Right [12] Point Left to left, Step Left across right [12] Point Right to right, Step Right across left (12)
41-48 1-2 3&4 5-6 7&8	SIDE, 1/4 TURN RIGHT, CROSS SHUFFLE, ROCK, RECOVER, BEHIND-SIDE-FORWARD Step Left to left, Make 1/4 turn right stepping Right to side [3] Step Left across right, Step Right to right, Step Left across right [3] Rock Right to right, Recover weight on Left [3] Step Right behind left, & Step Left to side, Step Right forward [3]
1&2 3&4 5-6 7&8	STEP-1/2 TURN RIGHT-STEP, FULL TRIPLE TURN LEFT, ROCK RECOVER, MODIFIED TURN 1/4 LEFT Step Left forward, & On ball of Right make 1/2 turn right, Step Left forward [9] Make a full turn left (travelling forward) stepping Right, Left, Right [9] Rock Left forward, Recover weight on Right [9] Step Left behind right, & Making 1/4 turn left step ball of Right to right, Using a push off from ght step Left to left long step [6]
57-64 1&2 3-4 5&6 7-8	BEHIND-SIDE-FRONT, SIDE ROCK, RECOVER, BEHIND-SIDE-FRONT, SIDE, DRAW Step Right behind left, & Step Left to left, Step Right across left [6] Rock Left to side, Recover weight on Right [6] Step Left behind right, & Step Right to right, Step Left across Right [12] Step Right to right, Draw Left to right and touch [6]