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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: Start on vocal. The numbers in [ ] indicate facing wall following each movement
1-8 ROCK, RECOVER, 1 1/4 TRIPLE TURN LEFT, CROSS ROCK, RECOVER, RIGHT SAILOR
1-2 Rock Left forward, Recover weight on Right [12]
3\&4 Make $11 / 4$ triple turn left stepping Left, Right, Left [9]
5-6 Rock Right across left, Recover weight on Left and begin to sweep right from front to back [9]
7\&8 Step R behind left, \& Step L to left, Step R to right [9]
9-16 STEP-ROCK-RECOVER, STEP-ROCK-RECOVER, POINT, CROSS, POINT, CROSS
1-2\& Step Left to left (long step), Rock Right behind left, \& Recover weight on Left [9]
3-4\& Step Right to right (long step), Rock Left behind right, \& Recover weight on Right [9]
5-6 Point Left to left, Step Left across right [9]
7-8 Point Right to right, Step Right across left (9)
17-24 STEP LEFT FORWARD, SWEEP $1 / 2$ TURN LEFT, FORWARD RIGHT SHUFFLE, $3 / 4$ TRIPLE TURN RIGHT, SIDE-TOGETHER-FORWARD
1-2 Step Left forward, On ball of left make 1/2 turn left sweeping R out and around [3]
3\&4 Shuffle forward stepping R, L, R [3]
586 Make 3/4 turn right stepping L R, L [12]
7\&8 Step R to right, \& Step Left beside right, Step R forward [12]
25-32 STEP LEFT FORWARD, $1 / 2$ TURN RIGHT STEPPING RIGHT BACK, LEFT COASTER, STEP RIGHT FORWARD, $1 / 2$ TURN RIGHT, STEPPING LEFT BACK RIGHT COASTER
1-2 Step Left forward, On ball of left make 1/2 turn right stepping Right back [6]
3\&4 Step Left back, \& Step Right beside left, Step Left forward [6]
5-6 Step Right forward, On ball of Right make 1/2 turn right stepping Left back [12]
7\&8 Step Right back, \& Step Left beside right, Step Right forward [12]
33-40 STEP-ROCK-RECOVER, STEP-ROCK-RECOVER, POINT, CROSS, POINT, CROSS
1-2\& Step Left to left (long step), Rock Right behind left, \& Recover weight on Left [12]
3-4\& Step Right to right (long step), Rock Left behind right, \& Recover weight on Right [12]
5-6 Point Left to left, Step Left across right [12]
7-8 Point Right to right, Step Right across left (12)
41-48 SIDE, $1 / 4$ TURN RIGHT, CROSS SHUFFLE, ROCK, RECOVER, BEHIND-SIDE-FORWARD
1-2 Step Left to left, Make 1/4 turn right stepping Right to side [3]
3\&4 Step Left across right, Step Right to right, Step Left across right [3]
5-6 Rock Right to right, Recover weight on Left [3]
7\&8 Step Right behind left, \& Step Left to side, Step Right forward [3]
49-56 STEP-1/2 TURN RIGHT-STEP, FULL TRIPLE TURN LEFT, ROCK RECOVER, MODIFIED SAILOR TURN $1 / 4$ LEFT
1\&2 Step Left forward, \& On ball of Right make 1/2 turn right, Step Left forward [9]
3\&4 Make a full turn left (travelling forward) stepping Right, Left, Right [9]
5-6 Rock Left forward, Recover weight on Right [9]
7\&8 Step Left behind right, \& Making 1/4 turn left step ball of Right to right, Using a push off from ball of right step Left to left long step [6]

57-64 BEHIND-SIDE-FRONT, SIDE ROCK, RECOVER, BEHIND-SIDE-FRONT, SIDE, DRAW
1\&2 Step Right behind left, \& Step Left to left, Step Right across left [6]
3-4 Rock Left to side, Recover weight on Right [6]
5\&6 Step Left behind right, \& Step Right to right, Step Left across Right [12\}
7-8 Step Right to right, Draw Left to right and touch [6]

