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Inside, Out

BEGINNER
4 Walls
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Choreographed to: Seems Like by The Honeyz

PART A

ROCK FORWARD & BACK, SIDE CHASSE, STOMP LEFT, KICK LEFT

1 - 2	Rock forward onto right, rock weight back onto left
3 - 4	Rock back onto right, rock weight forward onto left
5 & 6	Step right to right side, step left beside right, step right to right side
7 - 8	Stomp left beside right, kick left forward

ROCK FORWARD & BACK, SIDE CHASSE, STOMP RIGHT TWICE, KICK RIGHT

1 - 2	Rock forward onto left, rock weight back onto right
3 - 4	Rock back onto left, rock weight forward onto right
5 & 6	Step left to left side, step right beside left, step left to left side
7 & 8	Stomp right beside left twice, kick right forward twice

HEEL GRIND, ROCK STEP, DIAGONAL TOUCHES

& 1 - 2	Step right beside left, grind left heel forward, rock weight back onto right
3 - 4	Rock back onto left, rock weight forward onto right
5 - 6	Step left forward to left diagonal, touch right beside left
7 - 8	Step right forward to right diagonal, touch left beside right

ROLLING VINE LEFT, 2 STEP 1/2 PIVOT TWICE

1 - 2	Step left to left side into a 1/4 turn left, step right to right side into a 1/4 turn right
3 - 4	Step left to left side into a 1/4 turn left, step right to right side into a 1/4 turn right
5 - 6	Step right forward, pivot 1/2 turn over left shoulder
7 - 8	Step right forward, pivot 1/2 turn over left shoulder

SYNCOPATED ROCK STEP WITH A KICK, SYNCOPATED SIDE ROCK, FLICK INTO A 1/4 TURN LEFT

1 & 2	Rock forward onto right, rock weight back onto left, kick right forward
3 & 4	Rock right to right side, rock weight back onto left side
4	Flick right foot to right side in an upwards motion behind body while turning a 1/4 turn left on ball of left foot
5 & 6	Step right forward, step left beside right, step right forward
7 & 8	Step left forward, step right beside left, step left forward

2 SNAKE ROLLS TO THE RIGHT THEN LEFT, STOMPS FORWARD RIGHT THEN LEFT, CLAP, CROSS, UNWIND

1 & 2	Do a snake roll to right side (use arms for attitude)
3 & 4	Do a snake roll to left side (use arms for attitude)
5 & 6	Stomp right forward, step left forward, clap
7 - 8	Cross right over left, unwind a full turn over left shoulder

SIDE TOUCHES, HEEL SWITCHES, SWIVET WITH A SCUFF

1 - 2	Touch right to right side, hold for (1) count
&	Step right beside left
3 - 4	Touch left to left side, hold for (1) count
& 5	Step left beside right, touch right heel forward
& 6	Step right beside left, touch left heel forward
&	Step left beside right
7	Weight on left heel & right toe: swivel left toe left & right heel to right
& 8	Swivel back to center, scuff right heel forward

JAZZ BOX, TOUCH SCOOT STEPS, STEP 1/4 TURN

1 - 3	Cross right over left, step back on left, step right to right side
4	Jump forward with both feet together
5 &	Touch right toe behind left while scooting back on left, step right back
6 &	Touch left toe behind right while scooting back on right, step left back
7 - 8	Step right forward, pivot a 1/4 turn left

PART B

WALKS, SAILOR STEP, BODY ROLL, KICK HOOK

1 - 2	Walk forward; right, left
3 & 4	Cross-step right behind left, step left to left side, step right to right side
5 - 6	Do a body roll leading from toe to head
7 - 8	Kick left forward, hook left across right shin

STEP LOCK, SIDE TOUCHES, KNEE ROLL, KNEE POPS

1 - 2	Step left forward, lock step right behind left
3 & 4	Touch right toe to right side, cross-step right over left, touch left toe to left side
5 - 6	Roll left knee to the left (one rotation)
7 & 8	Pop knees forward: right, left, right

MASHED POTATOES, STEP SLIDE, KNEE ROLL

1 &	Split both heels apart, split both heels together sliding left foot back
2 &	Split both heels apart, split both heels together sliding right foot back
3 &	Split both heels apart, split both heels together sliding left foot back
4 &	Split both heels apart, split both heels together sliding right foot back
5 - 6	Step left to left side, slide right next to left
7 - 8	Circle knees to the left, keeping knees & feet close together

/On counts (7-8) they only rotate once over (2) counts, so it needs to be done slowly!

HANDWORK

1	Stretch both arms out at shoulder level with palms facing down
2	Swing arms inwards so fingertips are facing upwards
3 - 4	In front of your body: cross right arm over left with wrists inwards until they are in there original position
5	Touch right toe to right side while punching arms down
6	Hitch right knee with arms crossed in front of your body, right over left
7 - 8	Touch right toe forward, touch right toe to right side while punching arms down

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