

INSIDE OUT

Choreographer: Yvonne Anderson. Scotland.

Description: 64 count, 2 wall, High Intermediate, line dance

Music: Inside Out, by Bryan Adams, Album: The Best Of Me BPM: 90

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 1 1/4 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]

5&6 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 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 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]

REPEAT

Enjoy!