

Inside Your Heaven

32 count, 4 wall, nightclub 2 step, intermediate level

Choreographer: Masters In Line (Rachael McEnaney), April 2006

Choreographed to: 'Inside Your Heaven' by Carrie Underwood (68 bpm)

Count in: 16 counts from start of track at approx 14 secs

Section 1 Left side, Back rock, 1/4 turn right, Left side cross 1/4 turn stepping back, Side, Cross, Side rock cross

- 1, 2& Step left to left side (1), Rock back on right (slightly behind left) (2), Recover weight onto left stepping slightly in front of right (&)
- 3, 4& Make 1/4 turn right stepping forward on right (3), step left to left side (4), cross right over left (&)
- 5, 6& Make 1/4 turn right stepping back on left (5), step right to right side (6), cross left over right (&)
- 7&8& Rock right to right side (7), recover weight onto left (&), cross right over left (8) step left to left side (&)

Section 2 Cross right behind with sweep, Left behind, Side, Cross with sweep, Cross shuffle into Right cross rock, Left cross rock with 1/4 turn

- 1& Cross right behind left (1), sweep left foot around anti clockwise (no weight) (&)
- 2& Cross left behind right (2), step right to right side (&)
- 3& Cross left in front of right (3), sweep right foot around anti clockwise (no weight) (&)
- 4& Cross right in front of left (4) (angle body to left diagonal), step left next to right (&)
- 5-6 Cross rock right over left (5) (body still angled to left diagonal), recover weight back onto left (6)
- &7 Step right next to left (&) Cross rock left over right (7) (Body angled to right diagonal),
- &8 Recover weight onto right (8), Make 1/4 turn left on ball of right stepping forward on left (&)

Section 3 Right side, Left back rock, turn 1/4, 1/2, Walk, Walk, Rock forward, Step back, Right coaster into forward shuffle

- 1, 2& Step right to right side (1), Rock back on left (slightly behind right) (2), Recover weight onto right stepping slightly in front of left (&)
- 3& Make 1/4 turn right stepping back on left (3), make 1/2 turn right stepping forward on right (&)
- 4& Step forward on left, step forward on right, 12.00
- 5-6 Rock forward on left (5), recover weight back onto right (6)
- &7&8& Step back on left (&), step back on right (7), step left next to right (&) step forward on right (8) step left next to right (&)

Section 4 Step forward, 1/4 turn right sweeping left, Left cross shuffle with sweep, Right cross shuffle, Left side rock cross, 1/2 turn left.

- 1& Step forward on right (1), make 1/4 turn right on ball of right sweeping left in ronde (&)
- 2& Cross left over right (2), step right next to left (&)
- 3& Cross left over right (3), sweep right foot around in front of left (no weight) (&)
- 4&5 Cross right over left (4), step left next to right (&), Cross right over left (5)
- 6& Rock left to left side (6), recover weight onto right (&),
- 7& Cross left in front of right (7), make 1/4 turn left stepping back on right (&)
- 8& Make 1/4 turn left stepping left to left side (8), cross right over left (&)

start again, have fun

Quelle:

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