

Rhythm Inside

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Count: 32 **Wall:** 4 **Level:** Classic Novice

Choreographer: Amélie Jammart - June 2015

Music: "Rhythm Inside" by Loic Nottet (BPM 90)

WALK, WALK, OUT, OUT, BOUNCE, ROCK STEP BACK, TOUCH SIDE, TURNING HIPS.

1RF walk forward

2LF walk forward

&RF Step side right

3LF Step side left

&LF-RF Unstick the heels of the ground without unstick soles of the foot

4LF-RF Rest heels on the ground

5RF Rock back right

&LF recover

6RF touch side right

7-8 Turning hips left to right

LOCK STEP BACK, LOCK STEP, ROCK STEP BACK, SWEEP $\frac{3}{4}$

9LF Step back

&RF Lock over left

10LF Step back

11RF Step back

&LF Step over right

12RF Step back

13LF Rock back left

14RF Recover

15-16LF Sweep $\frac{3}{4}$ right

TAG: WALL 4, AFTER 14 COUNT, CHANGE COUNT 15-16, STEP FORWARD LF, TOUCH RF AND RESTART DANCE

CROSS, SIDE, BEHIND SIDE CROSS, BIG STEP, SEILOR $\frac{1}{4}$

17LF Cross over right

18RF Step side right

19LF Cross behind right

&RF Step side right

20LF Cross over right

21-22RF Big step right

23&24LF Cross behind , $\frac{1}{4}$ turn left, RF step side right, LF step side left

WALK, WALK, OUT, OUT, IN, CROSS, BOUNCE, BOUNCE, TURN $\frac{3}{4}$

25RF Walk forward

26LF Walk forward

&RF Step side right

27LF Step side left

&RF Step in

28LF Cross over right

&LF-RF Unstick the heels of the ground without unstick soles of the foot

29LF-RF Rest heels on the ground

&LF-RF Unstick the heels of the ground without unstick soles of the foot

30LF-RF Rest heels on the ground

31-32LF $\frac{3}{4}$ turn right

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