

The Rhythm Inside

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Count: 32

Wall: 2

Level: Intermediate

Choreographer: Klara Wallman (Swe) Sep 2015

Music: Rhythm Inside by Loïc Nottet (2.52 min)

Start on vocals, 16 counts intro.

Walk, Forward Coasterstep w. Sweep, Behind, $\frac{1}{4}$ turn, $\frac{1}{4}$ turn, Coasterstep, $\frac{1}{2}$ turn w Heels, $\frac{1}{4}$ turn.

- 1-2&3** Step L forward (1), Step R forward (2), Step L next to R (&), Step R back as you sweep L from front to back (3).
- 4&5** Step L behind R (4), Turn $\frac{1}{4}$ R step R forward (&), Turn $\frac{1}{4}$ R step L to L side (5). (6.00)
- 6&7** Step R back (6), Step L next to R (&), Step R forward (7).
- &8&** Turn L heel a $\frac{1}{4}$ turn to L (&), Turn R heel a $\frac{1}{4}$ turn to L (8), Turn $\frac{1}{4}$ L step L to L side (&). (9.00)

Rockstep, Out, Out, Knee pop, Walk, Walk, $\frac{1}{4}$ turn w. Hipbump

- 1-2** Rock R forward (1), Recover onto L (2).
- &3&4** Step out on R (&), Step out on L (3), Pop R knee in (&), Step down on R (4).
- &5-6** Step L next to R (&), Step R forward (5), Step L forward (6).
- 7&8** Turn $\frac{1}{4}$ L as you Bump R hip up (7), Bump back onto L (&), Sit down on R hip (8). (6.00).

Restart here at wall 4 (12.00)!

Coasterstep, $\frac{1}{2}$ turn, $\frac{1}{2}$ turn, Cross, Rockstep, Cross, $\frac{1}{4}$ turn, Back, Knee pop.

- 1&2** Step L back (1), Step R next to L (&), Step L forward (2).
- 3&4** Turn $\frac{1}{2}$ R step R forward (3), Turn $\frac{1}{2}$ R step L back (&), Cross R over L (4). (6.00)
- 5&6&** Rock L to L side (5), Recover onto R (&), Cross L over R (6), Turn $\frac{1}{4}$ L step R back (&). (3.00)
- 7&8** Step L back (7), Pop R knee forward (&), Step down on R (8).

Samba step, Samba step, Rockstep, $\frac{1}{4}$ turn, $\frac{1}{4}$ turn, $\frac{1}{4}$ turn, Walk.

- 1&2** Cross L over R (1), Rock R to R side (&), Recover onto L (2).
- 3&4** Cross R over L (3), Rock L to L side (&), Recover onto R (4).
- 5&** Rock L forward (5), Recover onto R (&).

6&7-8 Turn $\frac{1}{4}$ L step L forward (6), Turn $\frac{1}{4}$ L step R forward (&), Turn $\frac{1}{4}$ L step L forward (7), Step R forward (8). (6.00)

Start again. - Enjoy!

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=e-ID106975