

# INSIDE MY SOUL

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**Count:** —                      **Wall:** 4                      **Level:** intermediate

**Choreographer:** Heather Frye

**Music:** Don't Need You (To Tell Me I'm Pretty) by Samantha Mumba

**Sequence:**ABC, AB, A-, BB

## PART A - 56 COUNTS

### RIGHT SAILOR, CROSS SHUFFLE, RIGHT MAMBO, LEFT MAMBO

- 1&2**            Cross step right behind left (angle body slightly), step left to side, step right slightly forward and to right side
- 3&4**            Cross step left across right, step side right, cross step left across right
- 5&6**            Side rock step with right foot, step left in place, step right beside left
- 7&8**            Side rock step with left foot, step right in place, step left beside right

### RIGHT KICK BALL CROSS (2 TIMES), FULL TURN LEFT, ROCK, RECOVER

- 1&2**            Kick right foot to left corner (body is angled slightly on a 45 degree angle), rock back with ball of right foot, step side left
- 3&4**            Kick right foot to left corner (body is angled slightly on a 45 degree angle), rock back with ball of right foot, step side left
- 5-6**            Cross right over left making a  $\frac{1}{4}$  turn left, unwind on right foot  $\frac{1}{2}$  turn left
- 7-8**            Turn  $\frac{1}{4}$  turn left rocking onto left foot, recover onto right

### LEFT SAILOR, CROSS SHUFFLE, LEFT MAMBO, RIGHT MAMBO

- 1&2**            Cross step left behind right (angle body slightly), step right to side, step left slightly forward and to left side
- 3&4**            Cross step right across left, step side left, cross step right across left
- 5&6**            Side rock step with left foot, step right in place, step left beside right
- 7&8**            Side rock step with right foot, step left in place, step right beside left

### LEFT KICK BALL CROSS (2 TIMES), REVERSE SWING & SWAY TURN, TOUCH

- 1&2**            Kick left foot to right corner (body is angled slightly on a 45 degree angle), rock back with ball of left foot, step side right

- 3&4** Kick left foot to right corner (body is angled slightly on a 45 degree angle), rock back with ball of left foot, step side right
- 5-6** Step left diagonally forward crossing in front of right, step right to right side rotating  $\frac{1}{4}$  turn left
- 7-8** Turn  $\frac{1}{4}$  turn left taking stepping onto left (your step should be slightly larger than average), touch right beside left

### **MAMBO STEP MAKING A $\frac{3}{4}$ TURN LEFT**

- 1&2** Side rock step with right foot, step left in place, pivot  $\frac{1}{4}$  turn left on left and touch right beside left
- 3&4** Side rock step with right foot, step left in place, pivot  $\frac{1}{4}$  turn left on left and touch right beside left
- 5&6** Side rock step with right foot, step left in place, pivot  $\frac{1}{4}$  turn left on left and touch right beside left
- 7&8** Side rock step with right foot, step left in place, touch right beside left

### **SWAGGER WALK FORWARD RIGHT, LEFT, RIGHT, LEFT, STEP BACK RIGHT LEFT, FULL HIP ROLL**

- 1-2-3-4** Walk forward crossing right slightly over left, left slightly over right, right slightly over left, left slightly over right
- 5-6** Step slightly back onto right, step slightly back and out onto left
- 7-8** Begin hip roll to the left from the left, continue hip roll so that weight ends up on left

### **SIDE SHUFFLE RIGHT, ROCK, RECOVER, STEP $\frac{1}{2}$ TURN RIGHT, PIVOT $\frac{1}{2}$ TURN RIGHT, STEP BACK LEFT RIGHT**

- 1&2** Right side shuffle stepping right, left, right
- 3-4** Rock step left foot behind right, recover onto right
- 5-6** Step left foot forward, turn  $\frac{1}{2}$  right stepping onto right
- 7&8** Pivot  $\frac{1}{2}$  turn right on right foot and step back onto left, step back onto right foot, step left foot beside right

### **PART A-**

- 1-40** Do the first 40 counts of Part A (to the end of the mambo  $\frac{3}{4}$  turn)

### **PART B - 28 COUNTS**

### **STEP TOGETHER - STEP TOGETHER STEP (RIGHT THEN LEFT)**

- 1-2** Step right forward on a 45 degree angle, step left foot beside right
- 3&4** Step right forward on a 45 degree angle, step left foot beside right, step forward onto right foot
- 5-6** Step left forward on a 45 degree angle, step right foot beside left
- 7&8** Step left forward on a 45 degree angle, step right foot beside left, step forward onto left foot

### **WALK BACK RIGHT, LEFT, RIGHT COASTER STEP, WALK FORWARD LEFT RIGHT, FULL SPIRAL TURN LEFT STEP FORWARD LEFT**

- 1-2** Walk back right, left
- 3&4** Step right back, close left to right, step forward onto right
- 5-6** Walk forward left, right
- 7-8** Pivot full turn left on ball of right foot while hooking left foot across right ankle, step forward onto left

### **4 SHUFFLE IN PLACE RIGHT AND LEFT, KICK STEP ROCK STEP (2 TIMES)**

- 1&2** Shuffle in place right, left, right (body slightly angled)
- 3&4** Shuffle in place left, right, left (body slightly angled)
- 5&6&** Kick right forward on a 45 degree angle, rock step right behind left, recover onto left, step side right
- 7&8&** Kick left forward on a 45 degree angle, rock step left behind right, recover onto right, step side left

### **KICK, STEP BEHIND, STEP BEHIND BALL STEP**

- 1-2** Kick right forward on a 45 degree angle, cross step right behind left
- 3&4** Step side left, cross step right behind left, step side left

### **PART C - 8 COUNTS**

#### **CROSS UNWIND, SHUFFLE RIGHT, CROSS UNWIND, SHUFFLE LEFT**

- 1-2** Cross step right over left, unwind full turn left on left foot
- 3&4** Right side shuffle stepping right, left, right

**5-6** Cross step left over right, unwind full turn right on right foot

**7&8** Left side shuffle stepping left, right, left

**Styling note: on count 8 of the left side shuffle, slowly drag right to left. This will leave your right leg extended and gives better flow into the sailor shuffle at the beginning of Part A.**

### **ENDING OPTION**

**At the end of the song, the music will slow down a lot. Do the first 4 counts of B, (right step together - step - touch) then make a  $\frac{1}{4}$  turn left and do the next 4 counts (left step together - step - touch) and hold for the last couple of counts. This will allow you to end the dance at the wall where you began.**