

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Helen A. Walker (Jan 2011)

**Music:** Inside Out by Imelda May

## Alt. Music:

**My Kinda Party by Jason Aldean (Fade after 2:58)**

**Slow: Velvet Sky by Los Lonely Boys**

## S1. Toe struts and rocking chair

- 1 Step right toe forward
  - & Snap right heel down
  - 2 Step left toe forward
  - & Snap left heel down
  - 3 Rock forward with right foot
  - & Recover weight back on left foot
  - 4 Rock back with right foot
  - & Recover weight forward onto left
- 5&6&7&8& Repeat first four& counts

## S2. ¼ Monterey turns to make ½ right Side mambo cross

- 1 Touch right toe to right side
- & Pivot ¼ turn right (3:00) as you bring right foot next to left with weight
- 2 Touch left toe to left side
- & Replace left foot next to right with weight
- 3 Touch right toe to right side
- & Pivot ¼ turn right (6:00) as you bring right foot next to left with weight
- 4 Touch left toe to left side
- & Replace left foot next to right with weight
- 5 Step right foot to right side
- & Recover weight onto left

6 Cross right foot in front of left with weight

**&hold**

7 Step left foot to left side

& Recover weight onto right foot

8 Cross left foot in front of right with weight

& Hold

### **S3. Paddle turns with hip movement!**

1 Step forward with ball of right foot

**&pivot 1/8 turn left on left foot**

2 Step forward with ball of right foot

**&pivot 1/8 turn left on left foot**

**3step forward with ball of right foot**

& Pivot a final 1/8 to complete your 1/2 turn left

4 Step forward with right foot

5 Step forward with ball of left foot

**&pivot 1/8 turn right on right foot**

6 Step forward with ball of left foot

**&pivot 1/8 turn right on right foot**

**7step forward with ball of left foot**

**&pivot 1/8 to complete your 1/2 turn right**

8 Step forward on left foot

### **S4. Salsa style turns**

1 Rock right foot back

& Recover weight forward onto left foot

2 Pivot on the ball of left foot as you turn 1/2 left and step back on right foot

3 Rock left foot back

- & Recover weight forward onto right foot
- 4 Step left foot out turning  $\frac{1}{4}$  to the right
- 5 Rock right foot back
- & Recover weight forward onto left foot
- 6 Pivot on the ball of left foot as you turn  $\frac{1}{2}$  left and step back on right foot
- 7 Rock left foot back
- & Recover weight onto right foot
- 8 Step left foot forward

**Begin the dance again and enjoy!**

**For further information contact: [dancer29045@yahoo.com](mailto:dancer29045@yahoo.com)**