

INSIDE YOUR HEART

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Count: 32

Wall: 4

Level: beginner/intermediate

Choreographer: Phil Austin

Music: Locked Inside Your Heart by Barry Upton & Wild At Heart

CROSS SHUFFLE, SWAY, SWAY, CROSS SHUFFLE, SWAY, SWAY

- 1&2** Cross left over right, step right to right side, cross left over right
- 3-4** Step right to side and sway hips to right, sway hips to left
- 5&6** Cross right over left, step left to left side, cross right over left
- 7-8** Step left to side and sway hips to left, sway hips to hips

SIDE SHUFFLE, STEP, SWEEP $\frac{3}{4}$ TURN, SHUFFLE FORWARD, SLIDE

- 1&2** Step left to side, step right to left, step left to side
- 3-4** Step left to left, sweep right toe around $\frac{3}{4}$ turn and tap in front of left
- 5&6** Step forward right, step left to right, step forward right
- 7-8** Step left to side, slide right to left do not put weight onto it!

CROSS, UNWIND, CROSS, TAP, CROSS, TAP, CROSS SHUFFLE

- 1-2** Cross right over left, unwind $\frac{1}{2}$ turn over left shoulder
- 3-4** Cross right over left, tap left to side
- 5-6** Cross left over right, tap right to side
- 7&8** Cross right over left, step left to side, cross right over left

SIDE SHUFFLE, ROCK, RECOVER, TURN SHUFFLE, ROCK, RECOVER

- 1&2** Step left to side, step right to left, step left to side
- 3-4** Rock back right, recover weight onto left
- 5&6** While making an $\frac{1}{2}$ turn over left shoulder, step feet right, left, right and travel forward
- 7-8** Rock back left, recover weight onto right

REPEAT