

# Love's on The Inside

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**Count:** 32      **Wall:** 4      **Level:** Intermediate

**Choreographer:** Jill Babinec and Scott Schrank (August, 2008)

**Music:** FEEL GOOD by Gwen Guthrie [CD: Hot Times]

**INTRO: 64 Counts from the first hard beat of music (starts after the ooh ahh ooh's feels so good)**

**(1-9) STEP-POINT, CROSS, POINT, SAILOR-TURN-FORWARD, BUMP, BUMP, SAILOR STEP**

**&1-2-3**      Step Rt across L (&), Point L toes left (1), Cross L foot over Rt (2), Point Rt toes Rt (3)

**4&5**      Step ball of Rt behind left (4), Make  $\frac{1}{2}$  turn Rt on ball of Rt stepping L foot next to Rt (&),  
Step Rt foot forward shoulder width apart but keep weight mainly on left (5) (6:00)

**6-7**      Bump hips Rt as pivot  $\frac{1}{8}$  turn left on balls of feet (6), Repeat to face (3:00 wt L) (7)

**\*Option-Start Paddle turn  $\frac{1}{4}$  left & bump Rt hip (6), Repeat paddle bump to finish  $\frac{1}{4}$  turn (7)**

**8&1**      Step ball of Rt behind L foot (8), Step L next to Rt (&), Step Rt slightly forward (8)

**(10-17) SAILOR-  $\frac{1}{4}$  TURN, ROCK &  $\frac{1}{2}$  TURN, STEP,  $\frac{1}{4}$  TURN L REPLACE-KICK**

**2&3**      Step L behind Rt (2), Make  $\frac{1}{4}$  turn L on ball of L stepping Rt next to L (&), Step L slightly forward (3) (12:00)

**4&5**      Rock fwd Rt (4), Recover on L starting  $\frac{1}{2}$  right (&), Step fwd Rt & finish  $\frac{1}{2}$  turn (5) (6:00)

**6-7**      Step forward on L foot (6), Pivot  $\frac{1}{2}$  turn Rt (Weight on right)(7) (12:00)

**8&1**      Step forward on L (8), Turn  $\frac{1}{4}$  L as you step side right (&), L slide/step next to Rt with Rt low kick to Rt side (left foot is meant to 'kick' out right leg) (1) (9:00)

**(18-24) CROSS, SIDE ROCK CROSS, BACK-BACK-BEHIND  $\frac{1}{8}$  TURN, SIDE TOGETHER-FWD**

**2&3**      Cross Rt over L (2), Side rock L and slightly fwd on L (&), Recover back onto Rt (3)

**4**      Cross L over Rt (4)

**5&6**      Step Rt back on right diagonal (body will open on L diag) (5), Step L back (still on same diagonal) (&), Step Rt back & slightly behind L (body will be open on L diag) (6)

**7&8**      Step L to Lside as begin to square body up (7), Step R next to L (&), Step L fwd (8) (9:00)

**(25-32) KNEE ROLL  $\frac{1}{4}$  TURN, SHUFFLE FWD,  $\frac{1}{4}$  PIVOT TURN, CROSS, WEAVE**

- 1&2** Step Rt fwd and roll knee out fwd and clockwise - rotate hip to follow knee (1), Rotate Rt knee back counter-clockwise - rotate hip to follow as you begin your ¼ turn L (&), Finish ¼ turn left (6:00) and place weight on Rt (sink wt into Rt hip like your sitting) (2)
- 3&4** Step L forward (3), Step Rt next to L (&), Step L forward (4)
- 5&** Step R forward (5), Pivot ¼ turn L weight on L (&)
- 6** Step Rt across L (6)
- 7&8** Step L to L (7), Step Rt behind L (&), Step L to L (8)

**Start right into your & count .... And have fun !!!!**

**Thanks to John Robinson for pointing out the CD and us finding this song!**