

From The Inside

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Count: 64

Wall: 4

Level: Intermediate

Choreographer: Adrian Churm (Jan 2013)

Music: Nobody Knows by Kevin Sharp. cd: Measure of a man

Sec 1: Side, Rock Back, chasse right with $\frac{1}{4}$ turn, $\frac{1}{2}$ pivot turn, $\frac{1}{4}$ turn with chasse left.

- 1 Step left foot to the side
- 2 - 3 Rock right foot back, recover forward onto left
- 4 & 5 Chasse to the right side R,L,R making a $\frac{1}{4}$ turn right
- 6 - 7 Step left foot forward, make a $\frac{1}{2}$ turn right (weight ends on right foot)
- 8&1 Continue to make a further $\frac{1}{4}$ turn right, Chasse to the left side L,R,L. (12 o'clock)

Sec 2: Diagonal rock, chasse right, diagonal rock chasse left with $\frac{1}{4}$ turn right,

- 2 - 3 Rock right foot back and behind left (turning $\frac{1}{8}$ th to face right diagonal) recover forward onto left foot.
- 4&5 Chasse to right side R,L,R
- 6 - 7 Rock left foot back and behind right (turning $\frac{1}{8}$ th to face left diagonal) recover forward onto right foot.
- 8&1 Chasse to left side L,R,L making a $\frac{1}{4}$ turn right (left foot ends back) (3 o'clock)

Sec 3: $\frac{1}{2}$ turn right, step forward, mambo, coaster step, $\frac{1}{4}$ turn left

- 2 - 3 Continue to turn a further $\frac{1}{2}$ turn right then step forward onto right , step left foot forward.
- 4&5 Rock right foot forward, recover back onto left foot, small step back with right.
- 6&7 Step left foot back, close right foot next left foot, step left foot forward.
- 8&1 Step right foot forward, make a $\frac{1}{4}$ turn left, step right foot across left. (6 o'clock)

Sec 4: $\frac{1}{2}$ turn right, crossover, step point, kick ball cross

- 2 - 3 Make a $\frac{1}{4}$ turn right left foot steps back, Make a $\frac{1}{4}$ turn right right foot steps to the right side.
- 4&5 Step left foot across right, small step to the side with right foot, step left foot across right.
- 6 - 7 Step right foot to the side, point left foot forward to left diagonal.
- 8&1 Kick left foot forward, small step back onto ball of left foot, step right foot across left. (12 o'clock)

Sec 5: Side, draw up, ball cross, rock behind, weave left

- 2 - 3** Step left foot to the left side (large step) allowing right foot to draw up slightly.
- &4 - 5** Step back onto ball of right foot, step left foot across right, step right foot to the side.
- 6&7** Rock left foot back and behind right, recover forward onto right foot. Step left foot to the left side.
- 8&1** Step right foot behind left, step left foot to the side, step right foot across left. (12 o'clock)

Sec 6: Side rock, turn ¼ left into coaster step, rock forward, fill triple turn right on the spot (or coaster step)

- 2 - 3** Rock left foot to left side, recover onto right foot (preparing to turn ¼ left)
- 4&5** Complete ¼ turn left stepping left foot back, close right foot next left foot, step left foot forward.
- 6 - 7** Rock right foot forward, recover back onto left foot (preparing to turn to the right)
- 8&1** Make a full triple step turn to the right on the spot R,L,R (turn can be replaced with a coaster step). (9 o'clock)

Sec 7: Rock step, ½ turn left into shuffle forward, pivot turn left, mambo back.

- 2 - 3** Rock left foot forward, recover back onto right foot (preparing to turn to the left)
- 4&5** Make a ½ turn left and lock or shuffle forward L,R,L
- 6 - 7** Step right foot forward make a ½ turn left keeping weight on right foot.
- 8&1** Rock back on left foot, recover forward onto right foot, step left foot forward. (9 o'clock)

Sec 8: Point forward then side, coaster step, point forward, sweep, ball step

- 2 - 3** Point right foot forward, point right foot to the side.
- 4&5** Step right foot back, close left foot to right, step right foot forward.
- 6 - 7** Point left foot forward, sweep left foot around to back (style option lift & roll left shoulder back as you sweep)
- 8&** Step ball of left foot behind right foot, step right foot in place. (9 o'clock)

Contact: email danceade@hotmail.co.uk