

Rhythm Inside

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Count: 64

Wall: 2

Level: Intermediate

Choreographer: Darren Bailey - April 2017

Music: Rhythm Inside by Callum Scott

Intro: 64 counts approx. 32 seconds, start on lyrics "Rhythm Inside"

S1: R Hitch, L Heel Jack x2, R Rocking chair

- 1&2&** Hitch R knee, Step down on RF, Touch L heel forward, Step LF next to RF
- 3&4&** Touch RF next to LF, Step back on RF, Touch L heel forward, Step LF next to RF
- 5-6** Rock forward on RF, Recover onto LF
- 7-8** Rock back on RF, Recover onto RF

S2: ½ Pivot L, ½ turn L with Sweep, Behind, Side, Cross, Sweep

- 1-2** Step forward on RF, Make a ½ turn L
- 3-4** Make a ½ turn L closing RF next to LF and sweep LF back, Hold
- 5-6** Cross LF behind RF, Step RF to R side
- 7-8** Cross LF in front of RF and sweep RF forward, Hold

S3: Cross, Side, Back rock, Recover, ½ turn pivot L, ¼ turn L, Hip roll, Bump

- 1-2** Cross RF over LF, Step LF to L side
- 3-4** Rock back on RF, Recover onto LF
- 5-6** Step forward on RF, Make a ½ turn L
- 7-8** Make a ¼ turn L and step RF to RF side starting to circle hips, Bump hips to L

S4: Hip roll, Bump, R Kick ball cross, Slide to R, Twist heels R, Return

- 1-2** Circle hips, Bump hips to R
- 3&4** Kick RF towards R diagonal, Step RF next to LF, Cross LF over R
- 5-6** Take a big step to the R with RF, Close LF next to RF
- 7-8** Twist both heels to R, Twist both heels to centre (Weight on LF)

S5: Kick R, Kick L, Touch, Heel, Side switches, Step R, Touch

- 1&2&** Kick RF forward, Step RF next to LF, Kick LF forward, Cross LF over RF

- 3&4&** Touch RF behind LF, Step back on RF, Kick LF forward, Step down on LF
- 5&6&** Point RF to R side, Close RF next to LF, Point LF to L side, Close LF next to RF
- 7-8** Step RF to R side, Touch LF next to RF and click fingers out to sides

S6: Full Turn L, Chasse ¼ turn L, Rock forward, Recover, Jump back, R Keep pop

- 1-2** Make a ¼ turn L and step forward on LF, Make a ½ turn L and step back on RF
- 3&4** Make a ¼ turn L and step LF to L side, close RF next to LF, make a ¼ turn L and step forward on LF
- 5-6** Rock forward on RF, Recover onto LF
- &7-8** Jump back and out with RF, Step LF to L side, Pop R knee in

S7: L Knee pop, ¼ turn L, Scuff, Out, Out, R Sailor Step, L Sailor Step with ¼ turn L

- 1-2** Pop L knee in whilst returning R knee to normal position, Make a ¼ turn L stepping onto LF
- 3&4** Scuff RF forward, Step RF to R side, Step LF to L side
- 5&6** Cross RF behind LF, Step LF to L side, Step RF to R side
- 7&8** Cross LF behind RF, Step RF to R side, Make a ¼ turn L and step forward on LF

S8: Step Forward, Point, Step forward, Point, R Jazz Box

- 1-2** Step forward on RF, Point LF to L side
- 3-4** Step forward on LF, Point RF to R side
- 5-6** Cross RF over LF, Step back on LF
- 7-8** Step RF to R side, Step forward on LF

Hope you enjoy the dance.

Live to Love; Dance to Express.

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