

Beautiful Inside

LINEDANCE.COM

Count: 64

Wall: 4

Level: Phrased Intermediate

Choreographer: Kim Ray (UK) July 2016

Music: Beautiful Inside by Louise - 112 bpm

Sequence: AAB, AAB, A, A WITH RESTART, AAA finish C8AS4 front,

#32 count intro

AS1: FORWARD, TOUCH, OUT/OUT, BALL CROSS, SIDE ROCK/RECOVER, BEHIND, SIDE, FORWARD

- 1** Large step forward on left
- 2&3** Touch right toe next to left, step out on right, step out on left
- &4** Step right next to left, cross left over right
- 5-6** Side rock right, recover on left
- 7&8** Cross right behind left, step left to left side, step forward on right (12:00) (Restart here facing 9:00)

AS2: ½ TURN LEFT, ½ TURN LEFT, BACK LOCK STEP, BALL STEP OUT, STEP OUT, POP RIGHT KNEE IN, BALL SIDE STEP, POP LEFT KNEE OUT WITH A TOUCH

- 1-2** Pivot ½ turn left, ½ turn left stepping back on right (12:00)
- 3&4** Step back on left, cross right over left, step back on left
- &5-6** Step back and to side on right, step left to side of right, pop right knee in (weight on right)
- &7-8** Step left up to right, step right to right side, pop left knee out as you touch toe to floor (slightly dipping down and back facing left diagonal) (12:00)

AS3: SHUFFLE ¼ TURN LEFT, STEP PIVOT ½ TURN LEFT, SHUFFLE ½ TURN LEFT, BALL STEP BACK, DRAG

1&2¼ turn left and shuffle forward stepping left, right, left (9:00)

- 3-4** Step forward on right, ½ pivot turn left (3:00)
- 5&6** Shuffle turning ½ turn left stepping right, left, right (9:00)
- &** Small step back on left
- 7-8** Large step back on right, dragging left to right

AS4: BALL CROSS WITH $\frac{1}{4}$ TURN RIGHT, $\frac{1}{4}$ TURN RIGHT x 3, BACK LOCK STEP, BALL WALKS FORWARD x 3

&1 Step left in place, $\frac{1}{4}$ turn right crossing right over left (12:00)

2-3 $\frac{1}{4}$ turn right stepping back on left, $\frac{1}{4}$ turn right stepping forward on right (6:00)

4 $\frac{1}{4}$ turn right stepping back on left (9:00)

5&6 Step back on right, cross left over right, step back on right

& Small step back on left

7-8& Walk forward right, walk forward left, step right next to left (9:00)

BS1: SIDE, HOLD, BACK ROCK/RECOVER, $\frac{1}{4}$ TURN RIGHT, HOLD, PIVOT $\frac{1}{2}$ TURN RIGHT

1-2 Large step to left side, hold (6:00)

3-4 Back rock on right, recover on left

5-6 $\frac{1}{4}$ turn right stepping forward on right, hold (9:00)

7-8 Step forward on left, pivot $\frac{1}{2}$ turn right (3:00)

BS2: FORWARD, HOLD, PIVOT $\frac{1}{2}$ TURN LEFT, FORWARD, HOLD, PIVOT $\frac{1}{2}$ TURN RIGHT

1-2 Step forward on left, hold

3-4 Step forward on right, pivot $\frac{1}{2}$ turn left (9:00)

5-6 Step forward on right, hold

7-8 Step forward on left, pivot $\frac{1}{2}$ turn right (3:00)

BS3: SIDE, HOLD, BACK ROCK/RECOVER, $\frac{1}{4}$ TURN RIGHT, HOLD, PIVOT $\frac{1}{2}$ TURN RIGHT

1-2 Large step to left to left side, hold

3-4 Back rock on right, recover on left

5-6 $\frac{1}{4}$ turn right stepping forward on right, hold (6:00)

7-8 Step forward on left, pivot $\frac{1}{2}$ turn right (12:00)

BS4: FORWARD, HOLD, PIVOT $\frac{1}{2}$ TURN LEFT, FORWARD, HOLD, FULL TURN RIGHT

1-2 Step forward on left, hold

3-4 Step forward on right, pivot $\frac{1}{2}$ turn left (6:00)

5-6 Step forward on right, hold

7-8½ turn right stepping back on left, ½ turn right stepping forward on right (6:00)

Contact: kim.ray1956@icloud.com

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=e-ID112595