

Something Inside

Description: A, B, C Intermediate, Cuban Line Dance with Tags

Song: Something Inside by Marc Roberts

Choreographer: Martina Bucco

Part A: 64 counts, Part B: 56 counts, Tag: 16 counts, Part C: 16 counts, Tag 2: 32 counts

A, B, TAG, A, B, C, B*, TAG 2, B** 32-56

Part A:

1-8 STEP, ROCK STEP, LOCK SHUFFLE, KICK, STEP, TOUCH, STEP, TURN,

1-3 LF step diagonal left forward, RF step forward, weight back to LF

4&5 RF step back, LF cross in front of RF, RF step back

6&7 LF kick forward, LF step beside RF, RF touch right

8-1 RF step forward with 1/4 turn right, 1/4 turn left on RF, carry LF

9-16 CROSS, STEP 1/4 TURN, STEP 1/4 TURN, MAMBO STEP 2x

2 LF cross over RF

3-4 RF step back with 1/4 turn left, LF step left with 1/4 turn left

5&6 RF step forward left, weight back to LF, RF step right

7&8 LF step right forward, weight back to RF, LF step left

17-24 SYNC. ROCK STEPS, SLIDE, COASTER STEP, SHUFFLE

1&2 RF step forward left, weight back to LF, RF step back, weight back to LF

3&4 RF step forward left, weight back to LF, RF step back (slide LF back)

5&6 LF step back, RF step beside LF, LF step forward

7&8 RF step forward, LF step behind RF, RF step forward

25-32 CROSS, STEP, TRIPPLE 1/2 TURN, 1/2 TURN, CROSS, SIDE ROCK

1-2 LF cross over RF, RF step back

3&4 LF step left with 1/4 turn left, RF step beside LF, LF step forward with 1/4 turn left

5-6 1/2 turn left on LF (carry RF)

7 RF cross over LF

8-1 LF step left, weight back to RF

33-40 STEP IN PLACE 3x, SIDE ROCK, STEP IN PLACE 3x, ARM MOVEMENTS

2&3 LF step beside RF, RF step beside LF, LF step beside RF

4-5 RF step right, weight back to LF

6&7 RF step beside LF, LF step beside RF, RF step beside LF

8 R arm going up, L arm going down, Snip fingers

1 R arm going down, L arm going up, Snip fingers

41-48 ARM MOVEMENTS, TOUCH 2x, TURN, TOUCH, TURN, STEP

2 R arm going up, L arm going down, Snip fingers

3 R arm going down, L arm going up, Snip fingers

4-5 RF touch right 2x, Snap fingers 2x,

6-7 1/2 turn right, LF touch left, 2x, Snap fingers 2x

8 1/2 turn right, RF step right

49-56 SAILOR STEP 1/4 TURN, STEP, ROCK STEP, COASTER STEP, STEP, ROCK STEP,

1-3 LF cross behind RF, RF step right with 1/4 turn left, LF step forward

4-5 RF step forward, weight back to LF

6&7 RF step back, LF step beside RF, RF step forward

8-1 LF step forward, weight back to RF

57-64 COASTER STEP, (3x STEP, 1/2 TURN, STEP, 1/2 TURN,)

2&3 LF step back, RF step beside LF, LF step forward

4-5 RF step forward, 1/2 turn left on both feet, LF step forward with 1/2 turn left

6-7 RF step back with 1/2 turn left, LF step forward with 1/2 turn left

8-1 RF step back with 1/2 turn left, LF step forward with 1/2 turn left

Part B:

1-8 TOUCH, 1/2 TURN, FLICK, STEP, SPIRAL TURN, STEP 1/4 TURN, SLIDE, BEND KNEE, STEP 1/4 TURN, 1/1 TURN

1-2 RF touch forward, 1/2 turn left with flick

3-4 RF step forward, full turn left on both feet

5-6 LF step forward with 1/4 turn left, RF slide right, left knee bend

7-8 RF step forward with 1/4 turn right, 1/1 turn right on RF (carry LF)

9-16 5x STEP, TOUCH, CLAP, KICK BALL STEP

1-2 LF step back, right toe turn from left to right, RF step back, left toe turn from right to left

3-4 LF step back, right toe turn from left to right, RF step back, left toe turn from right to left

5-6 LF step back, RF touch beside LF, Clap in both hands

7&8 RF kick forward, RF step beside LF, LF step forward

17-32 REPEAT COUNTS 1-16

33-40 KICK, STEP, SWIVEL 3x, KICK, STEP, SWIVEL 3x,

1 RF kick forward (LF on Toe)

2 RF step beside LF, LF step forward with bend knees (Heel turn from right to left)

3 RF step forward with bend knees (Heel turn from left to right)

4 LF step forward with bend knees (Heel turn from right to left)

5-8 Repeat Counts 1-4

41-48 STEP 1/4 TURN, TOUCH 4x

1-2 RF step forward with 1/4 turn right, LF touch beside RF
3-4 LF step forward with 1/4 turn right, RF touch beside LF
5-6 RF step forward with 1/4 turn right, LF touch beside RF
7-8 LF step forward with 1/4 turn right, RF touch beside LF

49-56 ROLLING WINE, STEP, UPPER BODY FORMS A CIRCLE CLOCKWISE

1-3 RF step forward with 1/4 turn right, LF step back with 1/2 turn right, RF step right with 1/4 turn right
4-8 LF big step left, upper body forms a circle clockwise, weight changes from RF to LF, RF slide beside LF

TAG:

1-8 STEP, ROCK STEP, CHASSE, ROCK STEP, SHUFFLE 1/2 TURN

1-3 RF step diagonal right forward, LF step diagonal right forward, weight back to RF
4&5 LF step left, RF step beside LF, LF step left
6-7 RF step diagonal left forward, weight back to LF
8&1 RF step right with 1/4 turn right, LF step beside RF, RF step forward with 1/4 turn right

9-16 TOUCH, CROSS, TOUCH, JAZZ BOX 1/4 TURN, STEP

2-4 LF touch left, LF cross over RF, RF touch right
5-7 RF cross over LF, RF step back, LF step back, RF step right with 1/4 turn right
8& LF step forward with 1/4 turn right, RF step behind LF

PART C:

1-8 STEP, SWEEP, SWEEP, STEP, TOUCH, HOLD, STEP, 1/4 TURN, TOUCH, HOLD, CROSS, HOLD, 1/2 TURN, HOLD

1 RF step back, LF makes a circle from front to back (weight on LF)
2 RF makes a circle from front to back (weight on RF)
3 LF touch in front of RF (Arms stretched forward, crossed) hold
4 LF step forward
5 1/4 turn left, RF touch right (stretch left arm up, right arm in front of the body) hold
6 RF cross over LF
7 (left arm stretched forward, right arm stretched back) hold
8 1/2 turn left on both feet
1 (stretch left arm up, right arm in front of the body) hold

9-16 STEP 1/4 TURN, HOLD, TOUCH, HOLD, STEP 1/4 TURN, SLOW FULL TURN, TOUCH, 1/2 TURN FLICK

2 LF step left with 1/4 turn left
3 (left arm stretch left, hand angled) hold
4 LF touch beside RF
5 (left arm stretched up, right arm grips left arm above the head) hold
6-7 LF step left with 1/4 turn left
8 1/1 turn on LF (end on both feet)

Part B*

Dance counts 1-8 slow, then Part B to the end

1-8 TOUCH, 1/2 TURN, FLICK, STEP, SPIRAL TURN, STEP 1/4 TURN, SLIDE, BEND KNEE, STEP 1/4 TURN, 1/1 TURN

1-2 RF touch forward, 1/2 turn left with flick
3-4 RF step forward, full turn left on both feet
5-6 LF step forward with 1/4 turn left, RF slide right, left knee bend
7-8 RF step forward with 1/4 turn right, 1/1 turn right on RF (carry LF)

TAG 2:

1-8 STEP, ROCK STEP, CHASSE, ROCK STEP, SHUFFLE 1/2 TURN.

1-3 RF step diagonal right forward, LF step diagonal right forward, weight back to RF
4&5 LF step left, RF step beside LF, LF step left
6-7 RF step diagonal left forward, weight back to LF
8&1 RF step right with 1/4 turn right, LF step beside RF, RF step forward with 1/4 turn right

9-16 TOUCH, CROSS, TOUCH, JAZZ BOX 1/4 TURN, TOUCH

2-4 LF touch left, LF cross over RF, RF touch right
5-7 RF cross over LF, RF step back, LF step back, RF step right with 1/4 turn right
8 LF touch beside RF

17-24 STEP, ROCK STEP, CHASSE, ROCK STEP, CHASSE 1/4 TURN.

1-3 LF step left diagonal forward, RF step diagonal left forward, weight back to LF
4&5 RF step right, LF step beside RF, RF step diagonal right forward
6-7 LF step diagonal right forward, weight back to RF
8&1 LF step left, RF step beside LF, LF step forward with 1/4 turn left

25-32 TRIPPLE TURN, SIDE ROCK

2&3 RF step forward, LF step beside RF with 1/4 turn left, RF step back with 1/4 turn left
4&5 LF step left with 1/4 turn left, RF step beside LF, LF step forward with 1/4 turn left
6-7 RF step right, weight back to LF
8 RF touch beside LF

ENJOY DANCING!! :-)