

# Inside Out



## Competition Step Sheet

### DIVISION: Novice

Description: 32 Counts, 4 Walls, ECS, Country  
Choreographer: Roy Hadisubroto  
Music: Inside Out by Love and Theft (special edit 136bpm)  
Album: Inside Out  
Count-in: 32 Count Intro  
Note: There is a restart on Wall 4. See note below. Dancers will dance Wall 1 Vanilla, Wall 2 Vanilla, Wall 3 Variation, Wall 4 (until restart) Vanilla, Wall 5 Variation, then V&V to finish

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- 1-8 SAILOR STEPS, TOUCH, CROSS, TOUCH, CROSS,**  
1&2 Cross RF behind LF, Step LF to L side, Step RF to R side  
3&4 Cross LF behind RF, Step RF to R side, Step LF to L side  
5,6 Touch RF to R side, Cross RF over LF  
7,8 Touch LF to L side, Cross LF over RF
- 9-16 ROCK, STEP, TRIPLE 1/2 TURN, ROCKSTEP, TRIPLE 1/2 TURN**  
1,2 Rock RF forward, Recover back on LF  
3&4 Make a 1/4 turn R and step RF to R side, Close LF next to RF, Make a 1/4 turn R stepping LF forward  
5,6 Rock LF forward, Recover back on RF  
7&8 Make a 1/4 turn L and step LF to L side, Close RF next to LF, Make a 1/4 turn L and step RF forward
- 16-24 TRIPLE, ROCK STEP, TRIPLE, CROSS, STEP 1/4 TURN**  
1&2 Step RF to R side, Close LF next to RF, Step RF to R side  
3,4 Cross rock LF over RF, Recover back on RF  
5&6 Step LF to L side, Close RF next to LF, Step LF to L side  
7,8 Cross RF over LF, Make a 1/4 turn L stepping LF fwd
- 25-32 SYNCOPATED TOUCHES, KICK BALL STEP x2**  
1& Touch RF to R side, Close RF next to LF  
2& Touch LF to L side, Close LF next to RF  
3& Touch RF forward, Close RF next to LF  
4 Step LF forward  
5&6 Kick RF forward, Close RF next to LF, Step LF forward  
7&8 Kick RF forward, Close RF next to LF, Step LF forward

**Restart: after the 4th wall restart after 16 counts**

Begin again ☺