### Section: Footwork

<table>
<thead>
<tr>
<th>Counts</th>
<th>Facing</th>
<th>Footwork</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 - 8</td>
<td></td>
<td>Left side, Back rock, 1/4 turn right, Left side cross 1/4 turn stepping back, Side, Cross, Side rock cross,</td>
</tr>
<tr>
<td>1, 2 &amp;</td>
<td></td>
<td>Step left to left side (1), Rock back on right (slightly behind left) (2), Recover weight onto left stepping slightly in front of right (&amp;)</td>
</tr>
<tr>
<td>3, 4 &amp;</td>
<td></td>
<td>Make 1/4 turn right stepping forward on right (3), step left to left side (4), cross right over left (&amp;)</td>
</tr>
<tr>
<td>5, 6 &amp;</td>
<td></td>
<td>Make 1/4 turn right stepping back on left (5), step right to right side (6), cross left over right (&amp;)</td>
</tr>
<tr>
<td>7 &amp; 8 &amp;</td>
<td></td>
<td>Rock right to right side (7), recover weight onto left (&amp;), cross right over left (8) step left to left side (&amp;)</td>
</tr>
<tr>
<td>9 - 16</td>
<td></td>
<td>Cross right behind with sweep, Left behind, Side, Cross with sweep, Cross shuffle into Right cross rock, Left cross rock with 1/4 turn</td>
</tr>
<tr>
<td>1 &amp;</td>
<td></td>
<td>Cross right behind left (1), sweep left foot around anti clockwise (no weight) (&amp;)</td>
</tr>
<tr>
<td>2 &amp;</td>
<td></td>
<td>Cross left behind right (2), step right to right side (&amp;)</td>
</tr>
<tr>
<td>3 &amp;</td>
<td></td>
<td>Cross left in front of right (3), sweep right foot around anti clockwise (no weight) (&amp;)</td>
</tr>
<tr>
<td>4 &amp;</td>
<td></td>
<td>Cross right in front of left (4) (angle body to left diagonal), step left next to right (&amp;)</td>
</tr>
<tr>
<td>5 - 6</td>
<td></td>
<td>Cross rock right over left (5) (body still angled to left diagonal), recover weight back onto left (6)</td>
</tr>
<tr>
<td>&amp;7 &amp;8</td>
<td></td>
<td>Step right next to left (&amp;) Cross rock left over right (7) (Body angled to right diagonal),</td>
</tr>
<tr>
<td>8 &amp;</td>
<td></td>
<td>Recover weight onto right (8), Make 1/4 turn left on ball of right stepping forward on left (&amp;)</td>
</tr>
<tr>
<td>17 - 24</td>
<td></td>
<td>Right side, Left back rock, turn 1/4, 1/2, Walk, Walk, Rock forward, Step back, Right coaster into forward shuffle</td>
</tr>
<tr>
<td>1, 2 &amp;</td>
<td></td>
<td>Step right to right side (1), Rock back on left (slightly behind right) (2), Recover weight onto right stepping slightly in front of left (&amp;)</td>
</tr>
<tr>
<td>3 &amp;</td>
<td></td>
<td>Make 1/4 turn right stepping back on left (3), make 1/2 turn right stepping forward on right (&amp;)</td>
</tr>
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<td>4 &amp;</td>
<td></td>
<td>Step forward on left, step forward on right,</td>
</tr>
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<td>5 - 6</td>
<td></td>
<td>Rock forward on left (5), recover weight back onto right (6)</td>
</tr>
<tr>
<td>&amp;7 &amp;8 &amp;</td>
<td></td>
<td>Step back on left (&amp;), step back on right (7), step left next to right (&amp;) step forward on right (8) step left next to right (&amp;)</td>
</tr>
<tr>
<td>25 - 32</td>
<td></td>
<td>Step forward, 1/4 turn right sweeping left, Left cross shuffle with sweep, Right cross shuffle, Left side rock cross, 1/2 turn left.</td>
</tr>
<tr>
<td>1 &amp;</td>
<td></td>
<td>Step forward on right (1), make 1/4 turn right on ball of right sweeping left in ronde (&amp;)</td>
</tr>
<tr>
<td>2 &amp;</td>
<td></td>
<td>Cross left over right (2), step right next to left (&amp;)</td>
</tr>
<tr>
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<td></td>
<td>Cross left over right (3), sweep right foot around in front of left (no weight) (&amp;)</td>
</tr>
<tr>
<td>4 &amp; 5</td>
<td></td>
<td>Cross right over left (4), step left next to right (&amp;), Cross right over left (5)</td>
</tr>
<tr>
<td>6 &amp;</td>
<td></td>
<td>Rock left to left side (6), recover weight onto right (&amp;),</td>
</tr>
<tr>
<td>7 &amp;</td>
<td></td>
<td>Cross left in front of right (7), make 1/4 turn left stepping back on right (&amp;)</td>
</tr>
<tr>
<td>8 &amp;</td>
<td></td>
<td>Make 1/4 turn left stepping left to left side (8), cross right over left (&amp;)</td>
</tr>
</tbody>
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### Description:

32 Counts, 4 Walls, Intermediate, Nightclub 2 Step

### Music:

“Inside Your Heaven” – Carrie Underwood (American Idol winner) Album: Some Hearts (68 bpm)

### Count In:

16 counts from start of track at approx 14secs.

### Alternate Music:

### Notes:

START AGAIN, HAVE FUN! 😊

Inside Your Heaven
Choreographed by Rachael McEnaney (April 2006)
http://www.dancepizazz.com - Rachael@dancepizazz.com
Tel: 07968 181933

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