

Look Inside

Choreographed by Roy Hoeben (NL)

Description: 106 counts, 1 wall, Rise & Fall - Waltz - Non-Country
Level: Crown. Sequence: Intro, A, B, A2, B 13-36, A 1-24, Outro
Music : 'Look Inside' - Mark Vincent (Special Edit 85 BPM)

*Official UCWDC competition dance description
Date of usage 10 April 2020 to April 2021*

INTRO

15 COUNTS

1-6

SIDE BALANCE'RIGHT & LEFT

123

Step RF side R, cross LF behind RF, rise on ball of LF, facing 12:00

456

Step LF side L, cross RF behind LF, rise on ball of RF

7-12

FORWARD BASIC, SYNCOPATED PIVOT TURN

123

1/8 turn L, step RF forward, facing 1:30, cross LF over RF forward, step RF forward

45&6

Step LF forward, step RF back, 1/2 turn L, step LF forward, step RF side R, 1/4 turn L, facing 1:30

13-15

STRETCH TO R

123

Stretch body to right

PART A

36 COUNTS

1-6

1/2 TURN L, STEP PIVOT TURN

123

Step LF forward, drag RF to LF, 1/2 turn L, facing 7:30

456

Step forward on RF, pivot 1/2 turn R, step forward LF, 1/2 turn R, point RF forward, facing 1:30

7-12

1 1/2 BACK ATTITUDE SPIN, STEP BACK, DRAG TO DEVELOPE'

123

1 1/2 spin R w/back attitude, L leg back, end facing 7:30

456

Step back on LF, backing to 1:30, drag RF to LF, R leg extends to developpe'

13-18

SYNCOPATED PIVOT TURN, BACK TWINKLE

1&23

Step RF forward, step back on LF, 1/2 pivot turn R, step RF forward, step LF back, 1/2 turn R

456

Step RF back, step LF side R, step RF behind L

19-24

PROGRESSIVE CHASSE' R, STEP, RONDE DE JAMBE A TERRE R X 1 3/8 TURN R

12&3

1/4 turn R, step LF back, step RF side R, close LF to RF, step RF side R facing 4:30

456

1/4 turn L, cross LF over RF, point R toe forward, Ronde de Jambe a Terre R X1 3/8, finish facing 1:30

25-30

KNEEL, KNEE SPIN, RISE TO STANDING

123

Reach back w/RF lower to kneeling position, facing 10:30, close L knee to R, 1 1/2 turn, finish facing 1:30

456

Step onto RF forward, rise to standing position, drag LF to RF

*Crown Plus option to replace knee spin with platform turn.

- 30-36 TWINKLE X2**
 123 Step LF forward, facing 1:30, side RF, step forward on LF, facing 10:30
 456 Step RF forward, facing 12:00, side LF to 10:30, step forward on RF, facing 1:30
- *A2**
30-36 TWINKLE, PROGRESSIVE CHASSE'
 123 Step LF forward, side RF, step forward on LF
 45&6 Step RF forward, side LF, close RF to LF, step LF side L
- PART B**
36 COUNTS
- 1-6 CURVED FEATHER, PIVOT TURN**
 123 Step LF forward, step RF forward, facing 1:30, step LF forward, facing 10:30
 456 Step RF back, ½ turn L, step forward on LF, step back on RF, ½ turn L
- 7-12 FALLAWAY SLIP PIVOT, STEP DRAG**
 1&23 ½ turn L, step forward on LF, step RF side R, lock LF behind RF, step back on RF
 456 Step LF side L, ¼ turn L, facing 10:30, drag RF to LF
- 13-18 STEP PIVOT TURN, 1 ½ SPIRAL TURN**
 123 Step RF forward, ½ turn L, step LF forward step RF side R facing 12.00
 456 Lock LF behind RF, unwind 1 ½ turn L, point L toe forward facing 6.00
- 19-24 DOUBLE REVERSE SPIN, TWINKLE**
 1&2&3 Step LF forward, step RF side & slightly back, close LF to RF, heel turn ½, step RF side, cross LF
 over RF
 456 Step back on RF, step side LF, step RF side & slightly forward
- 25-30 TURNING TWINKLES X2**
 123 Step LF forward, ½ turn L, step back on RF, step LF side LF
 456 Cross RF over LF, step back on RF, step forward on LF, ½ turn R, step RF side R
- 31-36 CONTRA CHECK, RONDE DE JAMBE EN L'AIR**
 123 Cross LF over RF, lunge, replace weight RF, step side LF
 456 Cross RF over LF, Ronde de Jambe en L'Air w/LF turning left end facing 12.00

*Ending (outro) is your own choreography!