

# Beautiful Inside



**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&2        ¼ 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 ¼ TURN RIGHT, ¼ TURN RIGHT x 3, BACK LOCK STEP, BALL WALKS FORWARD x 3**

&1        Step left in place, ¼ turn right crossing right over left (12:00)  
 2-3        ¼ turn right stepping back on left, ¼ turn right stepping forward on right (6:00)  
 4        ¼ 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, ¼ TURN RIGHT, HOLD, PIVOT ½ TURN RIGHT**

1-2        Large step to left side, hold (6:00)  
 3-4        Back rock on right, recover on left  
 5-6        ¼ turn right stepping forward on right, hold (9:00)  
 7-8        Step forward on left, pivot ½ turn right (3:00)

**BS2: FORWARD, HOLD, PIVOT ½ TURN LEFT, FORWARD, HOLD, PIVOT ½ TURN RIGHT**

1-2        Step forward on left, hold  
 3-4        Step forward on right, pivot ½ turn left (9:00)  
 5-6        Step forward on right, hold  
 7-8        Step forward on left, pivot ½ turn right (3:00)

**BS3: SIDE, HOLD, BACK ROCK/RECOVER, ¼ TURN RIGHT, HOLD, PIVOT ½ TURN RIGHT**

1-2        Large step to left to left side, hold  
 3-4        Back rock on right, recover on left  
 5-6        ¼ turn right stepping forward on right, hold (6:00)  
 7-8        Step forward on left, pivot ½ turn right (12:00)

**BS4: FORWARD, HOLD, PIVOT ½ TURN LEFT, FORWARD, HOLD, FULL TURN RIGHT**

1-2        Step forward on left, hold  
 3-4        Step forward on right, pivot ½ turn left (6:00)  
 5-6        Step forward on right, hold  
 7-8        ½ turn right stepping back on left, ½ turn right stepping forward on right (6:00)

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