

You're The Inspiration

Choreographer: Niels B. Poulsen (Denmark)

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Type of dance: 48 counts. 2 walls. Night club rhythm

Level: Intermediate

Music: 'You're the inspiration' by Chicago (Album: '17' from 1984). Buy on: www.cdon.com

3 restarts: On 2nd wall after count 44 (facing 6:00). On 4th wall after count 32 (facing 6:00). On 5th wall after count 32 (facing 12:00).

Intro: 14 counts from first beat (app. 12 secs. into music)

| Counts | Footwork | End facing |
|---------------------|---|------------|
| 1 – 8 | Basic R, side L, turn 5/8 R walking R L R, back back turn ½ L, turn 5/8 L | |
| 1-2& | Step R to R side, close L behind R, cross R in front of L | 12:00 |
| 3-4& | Step L to L side, turn 5/8 R on L stepping fw on R (7:30), step fw on L | 7:30 |
| 5-6& | Rock fw on R, recover weight back to L, step back on R | |
| 7-8& | Turn ½ L stepping fw on L, turn 1/8 L stepping R to R side, turn ½ L stepping L to L | 6:00 |
| 9 – 16 | Cross rock, & weave R, rock L fw, & turn ¾ L into basic R | |
| 1-2& | Cross rock R over L, recover L, & step small step back on R | 6:00 |
| 3&4& | Cross L over R, step R to R side, cross L behind R, step R to R side | |
| 5-6& | Rock L fw, recover R, turn ½ L on R stepping L fw | 12:00 |
| 7-8& | Turn ¼ L stepping R to R side, close L behind R, cross R in front of L | 9:00 |
| 17 – 24 | Big step L, behind side cross touch, full unwind L, sweep R in front, back twinkles X 2 | |
| 1-2& | Step L big step to L side, cross R behind L, step L to L side | |
| 3-4 | Cross touch R over L, unwind ½ L on L | 3:00 |
| 5-6& | Unwind another ½ turn L on L sweeping R in front of L, cross R over L (body angled towards 7:30), step L back towards 3:00 | 9:00 |
| 7-8& | Step R back towards 1:30 (body angled towards 10:30), cross L over R, step back on R towards 3:00 (body angled towards 9:00) | 9:00 |
| 25 – 32 | Diagonal step back L, Cross rock R with ¼ R fw, turning vine, step ½ turn L step, walks R L R | |
| 1-2& | Step L back towards 4:30 (body angled towards 7:30), cross rock R over L, recover L | 9:00 |
| 3-4& | Turn ¼ R stepping fw on R, turn ¼ R stepping L to L side, cross R behind L | 3:00 |
| 5-6& | Turn ¼ L stepping fw on L, step fw on R, turn ½ L (weight L) | 6:00 |
| 7-8& | Walk fw R, walk fw L *(Note: 2 nd and 3 rd restart occur here), walk fw R | 6:00 |
| 33 – 40 | Half diagonal fallaway (= half diamond box), basic L, Side R, L coaster | |
| 1-2& | Step L to L side, cross R diagonally behind L (facing 7:30), continue moving diagonally backwards stepping back on L | 7:30 |
| 3-4& | Turn 1/8 R stepping R to R side (facing 9:00), cross L diagonally over R (facing 10:30), continue stepping diagonally fw on R | 10:30 |
| 5-6& | Turn 1/8 R stepping L to L side (facing 12:00), close R behind L, cross L over R | 12:00 |
| 7-8& | Step R to R side, step back on L, step R next to L | |
| 41 – 48 | Step fw L, kick R fw, cross, spiral turn L, basic R, turn turn cross | |
| 1-2 | Step fw on L, kick R fw and upwards (straighten leg as you kick) | 12:00 |
| 3-4 | Cross R over L, unwind full turn L on L foot (Note: 1 st restart occurs here) | |
| 5-6& | Step R to R side, close L behind R, cross R in front of L | |
| 7-8& | Turn ¼ R stepping back on L, turn ¼ R stepping R to R side, cross L over R | 6:00 |
| BEGIN AGAIN! | | |