

Sweet Inspiration

Count: 32

Wall: 4

Level: Improver

Choreographer: Jo Kinser (UK) & John Kinser (UK) - May 2013

Music: Sweet Inspiration - The Derek Trucks Band : (iTunes)

Start 16 counts in on the verse (0.26). (111 bpm)

Alternative: Own This Club by Marvin Priest.

[1-8] Walk Fwd, Shuffle Step, Rock Step, Coaster Step

1,2 Walk fwd Rt, Lt
3&4 Step Rt fwd, Step Lt next to Rt, Step Rt fwd
5,6 Rock Lt fwd, Replace weight Rt
7&8 Step Lt back, Step Rt next to Lt, Step Lt fwd

[9-16] Rock Step, 3/4 Turn, Sailor Step, Behind & Cross

1,2 Rock Rt fwd, Replace weight Lt
3,4 Make 1/2 turn Rt stepping Rt fwd (6:00), Make 1/4 turn Rt stepping Lt to Lt (9:00)
5&6 Step Rt behind Lt, Step Lt to Lt, Step Rt to Rt
7&8 Step Lt behind Lt, Step Rt to Rt, Step Lt across Rt

[17-24] Side Rock, Crossing Shuffle, Rock 1/4 Turn, Step 1/2 Turn

1,2 Rock Rt to Rt, Replace weight Lt
3&4 Step Rt across Lt, Step Lt to Lt, Step Rt across Lt
5,6 Rock Lt to Lt, Make 1/4 turn Rt stepping Rt fwd (12:00)
7,8 Step Lt fwd, Make 1/2 turn Rt stepping Rt fwd (6:00)

[25-32] Step, Kick, & Cross, Side, Touch, Kick, & Cross, 1/4 Turn

1,2 Step Lt fwd, Kick Rt fwd diagonally Rt
&3,4 Step ball of Rt slightly back, Cross Lt over Rt, Step Rt to Rt
5,6 Touch Lt next to Rt, Kick Lt fwd diagonally Lt
&7,8 Step ball of Lt slightly back, Cross Rt over Lt, Make 1/4 turn Rt stepping Lt back (9:00)

Happy Dancing.

Tag: At the end of Wall 4 and Wall 8 (12:00) add the following 4 counts:

1-2 Walk Fwd Rt 1), Walk Fwd Lt 2),
3&4 Kick Rt low Fwd, Step Rt next to Lt, Step Lt Fwd 3&4 (kickball change).

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Last Revision - 17th Dec 2013