

# Inside My Soul

- revised May 27, 2002 -

Choreographed by **Heather Frye**  
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4 Wall, Phrased Line Dance      Sequence: A B C A B A- B B

Music:      “Don’t Need You (To Tell Me I’m Pretty)” - Samantha Mumba  
*from the Legally Blonde Soundtrack*

## **Part A - 56 Counts**

### **1 - 8      Right Sailor, Cross Shuffle, Right Mambo, Left Mambo**

1 & 2      Cross step right behind left (angle body slightly) (1) Step left to left side (&) Step right slightly forward and to right side (2)  
3 & 4      Cross step left across right (3) Step side right (&) Cross step left across right (4)  
5 & 6      Side rock step with right foot (5) Step left in place (&) Step right beside left (6)  
7 & 8      Side rock step with left foot (7) Step right in place (&) Step left beside right (8)

### **9 - 16      Right Kick Ball Cross (2 Times), Full Turn Left, Rock, Recover**

1 & 2      Kick right foot to left corner (body is angled slightly on a 45 degree angle) (1) Rock back with ball of right foot (&) Step side left (2)  
3 & 4      Kick right foot to left corner (body is angled slightly on a 45 degree angle) (3) Rock back with ball of right foot (&) Step side left (4)  
5, 6      Cross right over left making a 1/4 turn left (5) Unwind on right foot 1/2 turn left (6)  
7, 8      Turn 1/4 turn left rocking onto left foot (7) Recover onto right (8)

### **17 - 24      Left Sailor, Cross Shuffle, Left Mambo, Right Mambo**

1 & 2      Cross step left behind right (angle body slightly) (1) Step right to right side (&) Step left slightly forward and to left side (2)  
3 & 4      Cross step right across left (3) Step side left (&) Cross step right across left (4)  
5 & 6      Side rock step with left foot (5) Step right in place (&) Step left beside right (6)  
7 & 8      Side rock step with right foot (7) Step left in place (&) Step right beside left (8)

### **25 - 32      Left Kick Ball Cross (2 Times), Reverse Swing & Sway Turn, Touch**

1 & 2      Kick left foot to right corner (body is angled slightly on a 45 degree angle) (1) Rock back with ball of left foot (&) Step side right (2)  
3 & 4      Kick left foot to right corner (body is angled slightly on a 45 degree angle) (3) Rock back with ball of left foot (&) Step side right (4)  
5, 6      Step left diagonally forward crossing in front of right (5) Step right to right side rotating 1/4 turn left  
7, 8      Turn 1/4 turn left taking stepping onto left (your step should be slightly larger than average) (7)  
Touch right beside left (8)

### **33 - 40      Mambo Step making a 3/4 Turn Left**

1 & 2      Side rock step with right foot (1) Step left in place (&) Pivot 1/4 turn left on left and touch right beside left (2)  
3 & 4      Side rock step with right foot (3) Step left in place (&) Pivot 1/4 turn left on left and touch right beside left (4)  
5 & 6      Side rock step with right foot (5) Step left in place (&) Pivot 1/4 turn left on left and touch right beside left (6)  
7 & 8      Side rock step with right foot (7) Step left in place (&) Touch right beside left (8)

**41 - 48**      **Swagger Walk Forward Right, Left, Right, Left, Step Back Right Left, Full Hip Roll**  
1, 2, 3, 4      Walk forward crossing right slightly over left (1) Left slightly over right (2) Right slightly over left (3)  
Left slightly over right (4)  
5, 6      Step slightly back onto right (5) Step slightly back and out onto left (6)  
7, 8      Begin hip roll counterclockwise from the left (7) Continue hip roll so that weight ends up on left (8)

**49 - 56**      **Side Shuffle Right, Rock, Recover, Step 1/2 Turn Right, Pivot 1/2 Turn right, Step Back Left, Right**  
1 & 2      Right side shuffle stepping right (1) Left (&) Right (2)  
3, 4      Rock step left foot behind right (3) Recover onto right (4)  
5, 6      Step left foot forward (5) Turn 1/2 right stepping onto right (6)  
7 & 8      Pivot 1/2 turn right on right foot and step back onto left (7) Step back onto right foot (&) Step left  
foot beside right (8)

**Part A-**      For Part A-, do the first 40 counts of part A (to the end of the mambo 3/4 turn)

**Part B - 28 Counts**

**1 - 8**      **Step Together - Step Together Step (Right then Left)**  
1, 2      Step right forward on a 45 degree angle (1) Step left foot beside right (2)  
3 & 4      Step right forward on a 45 degree angle (3) Step left foot beside right (&) Step forward onto right  
foot (3)  
5, 6      Step left forward on a 45 degree angle (5) Step right foot beside left (6)  
7 & 8      Step left forward on a 45 degree angle (7) Step right foot beside left (&) Step forward onto left foot  
(8)

**9 - 16**      **Walk Back Right, Left, Right Coaster Step, Walk forward Left Right, Full Spiral Turn left, Step Forward Left**  
1, 2      Walk back right (1) Left (2)  
3 & 4      Step right back (3) Close left to right (&) Step forward onto right (4)  
5, 6      Walk forward left (5) Right (6)  
7, 8      Pivot full turn left on ball of right foot while hooking left foot across right ankle (7) Step forward onto  
left (8)

**17 - 24**      **Shuffle in Place Right and Left, Kick Step Rock Step (2 Times)**  
1 & 2      Shuffle in place right (1), Left (&) Right (2) (body slightly angled)  
3 & 4      Shuffle in place left (3), Right (&) Left (4) (body slightly angled)  
5 & 6 &      Kick right forward on a 45 degree angle (5) Rock step right behind left (&) Recover onto left (6)  
Step side right (&)  
7 & 8 &      Kick left forward on a 45 degree angle (7) Rock step left behind right (&) Recover onto right (8)  
Step side left (&)

**25 - 28**      **Kick, Step Behind, Step Behind Ball Step**  
1, 2      Kick right forward on a 45 degree angle (1) Cross step right behind left (2)  
3 & 4      Step side left (3) Cross step right behind left (&) Step side left (4)

**Part C - 8 Counts**

**1 - 8**      **Cross Unwind, Shuffle Right, Cross Unwind, Shuffle Left**  
1, 2      Cross step right over left (1) Unwind full turn left on left foot (2)  
3 & 4      Right side shuffle stepping right (3) Left (&) Right (4)  
5, 6      Cross step left over right (5) Unwind full turn right on right foot (6)  
7 & 8      Left side shuffle stepping left (7) Right (&) Left (8)  
*(Styling Note: On count 8 of the left side shuffle, slowly drag right to left - this will leave your right  
leg extended and gives better flow into the sailor shuffle at the beginning of Part A)*

**Choreographer's note:** Every time you hear her sing "Don't need you to tell me I'm pretty..." you will do Part B.  
**Ending Option:** At the end of the song, the music will slow down a lot. Do the first 4 counts of B, (right step  
together - step - touch) then make a 1/4 turn left and do the next 4 counts (left step together - step - touch) and hold  
for the last couple of counts. This will allow you to end the dance at the wall where you began.