

Inhibitions

Choreographer: Malene Jakobsen, Denmark
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Type of dance:	32 counts, 4 wall	
Level:	Improver	
Choreographed to:	Boston by Stella Lefty, 124 BPM	
Intro:	32 counts, 16 sec. into track, dance begins with weight on L	
Restart	There is 1 restart, on wall 6, you'll be facing 3.00	
		Facing
Counts	Footwork	
1-8	Side, together, rocking chair, 1/4	
1-2	(1) Step R to R, (2) step L next to R	12.00
3-4-5-6	(3) Rock fwd. on R, (4) recover onto L, (5) rock back on R, (6) recover onto L	12.00
7-8	(7) Step fwd. on R, (8) turn 1/4 L (weight on L)	9.00
9-16	Cross, sweep, cross, sweep, jazz box with cross	
1-2	(1) Cross R over L, (2) sweep L from back to front	9.00
3-4	(3) Cross L over R, (4) sweep R from back to front	9.00
5-6-7-8	(5) Cross R over L, (6) step back on L, (7) step R to R, (8) cross L over R	9.00
NOTE	Restart here on wall 6 – you will be facing 3.00	
17-24	Figure 8	
1-2	(1) Step R to R, (2) cross L behind R,	9.00
3-4-5	(3) Turn 1/4 R stepping fwd. on R, (4) step fwd. on L, (5) turn 1/2 R (weight on R)	6.00
6-7-8	(6) Turn 1/4 R stepping L to L, (7) cross R behind L, (8) turn 1/4 L stepping fwd. on L	6.00
24-32	Side, touch, side, touch, vine with a cross	
1-2	(1) Step R to R, (2) touch L next to R	6.00
3-4	(3) Step L to L, (4) touch R next to L	6.00
5-6-7-8	(5) Step R to R, (6) cross L behind R, (7) step R to R, (8) cross L over R	6.00