

Insane!

Count: 32

Wand: 4

Ebene: Low Intermediate

Choreograf/in: Kim-Fundanzer (MY) - November 2008

Musik: Disturbia - Rihanna



Intro: 32 Counts... (No Tags, No Restarts)

SIDE, TOGETHER, SIDE, TOGETHER, TOUCH, KICK, SYNCOPATED WEAVE

- 1-4 Step Rf side, step Lf together, step Rf side, step Lf together
- 5-6 Touch Rf next to Lf (toes turned in), kick Rf diagonally right forward
- 7&8 Step Rf behind Lf, step Lf side, step cross Rf over Lf

LEFT SIDE ROCK RECOVER, CROSS ROCK RECOVER, SHUFFLE FORWARD, STEP PIVOT TURN 1/2 LEFT

- 1-2 Rock Lf to side, recover onto Rf
- &3-4 Step Lf together, cross Rf over Lf, touch Lf to side
(Option for counts &3-4: drop the '&' count. Cross/touch Lf over Rf, touch Lf to side)
- 5&6 Shuffle forward Lf-Rf-Lf
- 7-8 Step Rf forward, pivot ½ left (weight to Lf) (6:00)

RIGHT TOE STRUT, LEFT TOE STRUT, HIP BUMPS TWICE

- 1-4 Touch right Toes forward, lower right Heel, touch left Toes forward, lower left Heel
- 5&6 Step Rf forward and bump hip right, left, right
- 7&8 Step Lf forward and bump hip left, right, left

STEP PIVOT TURN 1/4 LEFT, CROSS ROCK RECOVER SWEEP, SYNCOPATED WEAVE, LEFT MAMBO

- 1-2 Step Rf forward, pivot ¼ left (weight to left) (3:00)
- 3&4 Cross/rock Rf over Lf, recover onto Lf, sweep Rf from front to back
- 5&6 Step Rf behind Lf, step Lf to side, cross Rf over Lf
- 7&8 Rock Lf to side, recover onto Rf, step Lf next to Rf.

REPEAT

Have fun, enjoy!

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