

# Lil' Bit Insane

**COPPER** **KNOB**  
BY STEPHEN HETS

Count: 64

Wand: 2

Ebene: Intermediate / Advanced

Choreograf/in: Kat Nichols (USA) - October 2024

Musik: Insane - Black Gryph0n & Baasik



## Section 1 (1-8) Sweep (x3), ¼ Sailor Step, Hold, Ball Step, Cross Shuffle

- 1-2-3 Step Back RF & L Sweep F to B (1), Step Back LF & R Sweep Front to Back (2), Step Back RF & L Sweep F to B (3)
- 4&5-6 Step LF ⅛ Behind R (4), Step RF ⅛ to R Side (&), Cross LF Over F (5), Hold (6)
- &7&8 Step RF to R Side (&), Cross LF Over R (7), Step RF to R Side (&), Cross LF Over R (8)

## Section 2 (9-16) ¼ Back, Heel, Step and Flick, Walk (x2), Cross-Back-Back, Cross, Step Fwd

- &1-2 Step RF ¼ Back (&), Present L Heel (1), Step LF Fwd and Flick R (2)
- 3-4 Step RF Fwd (3), Step LF Fwd (4)
- 5&6 Cross RF Over L (5), Step LF Back (&), Step RF Back (6)
- 7-8 Cross LF Behind R (7), Step RF ⅛ Fwd (8)

## Section 3 (17-24) Step Fwd, Scuff, Hitch, Back, ⅛ Sailor, Prep, Arabesque Pencil Turn, Side - Heel Fan

- &1-2 Step LF Fwd (&), Scuff RF (1), Hitch R and Slightly Bend at Waist and Snap Fingers (2)
- 3-4&5 Step RF Back (3), Step LF Behind R (4), Step RF ⅛ to R Side (&), Step LF to L Side (5)
- & Prep onto RF (&)
- 6-7,8 Step LF ¼ Fwd (6), Trail RF in Arabesque Position into L and turn ½ L (7), Step RF to R Side with L Heel Fan (8)

### Option for Count 6-7

#### ¼ Hops (x3)

- 6&7,8 Hop L ¼ on LF with R (6), Hop L ¼ on L (&), Hop ¼ L Hold (7), Step RF to R Side with L Heel Fan (8)

## Section 4 (25-32) Behind, ¼ Fwd, Step ½ Pivot, ⅛ Camel Walk, ⅛ Camel Walk, Camel Walk Back, Back, Side

- &1 Cross LF Behind R (&), Step RF ¼ Fwd (1)
- 2-3 Step LF Fwd (2), ½ Pivot R onto RF (3)
- 4-5 Step LF ⅛ Fwd and Pop R Knee (4), Step RF ⅛ Fwd and Pop L Knee (5)
- 6-7 Step LF Back ⅛ and Pop R Knee (6), Step RF Back (7)
- 8 Step LF to L Side (8)

## Section 5 (33-40) Elvis Knee with Press, Lock, ⅛ Step, Step-Lock-Step, Rock-Recover, Step Fwd ½

- &1 Bend R Knee In Towards L (&), Bend R Knee Out From L & Put Weight on RF (1)
- 2-3 Step LF Behind R (2), Step RF ⅛ Fwd (3)
- 4&5 Step LF Fwd (4), Step RF Behind L (&), Step LF Fwd (5)
- 6-7 Rock RF Fwd (6), Recover Back on LF (7)
- 8 Step RF ½ Fwd (8)

## Section 6 (41-48) Step Lock Step, Step ¼ Pivot, Behind Side, Modified Jazz Box

- &1-2 Step LF Fwd (&), Step RF Behind L (1), Step LF Fwd (2)
- 3-4 Step RF Fwd (3), Pivot ¼ L onto LF (4)
- 5& Cross RF Behind L (5), Step LF to L Side (7)
- 6-7-8 Cross RF Over L (6), Step LF Back (7), Step RF to R Side (8)

## Section 7 (49-56) Knee Pop, Step ¼ Side, ½ Sailor, ⅛ Heel Bounce (x2), Fall Away Diamond

- &1-2 Raise Up on Balls of Feet (&), Settle Down with Weight on L (1), Step RF ¼ Back (2)
- 3&4 Step LF Behind R (3), Step RF ¼ Next to L (&), Step LF ¼ to L Side (4)

- 5-6 Raise Up on Balls of Feet & Settle Back Down  $\frac{1}{8}$  to R (5), Raise Up on Balls of Feet & Settle Back Down  $\frac{1}{8}$  to R - Weight on LF (6)  
7-8 Step RF Fwd (7), Cross LF Over R (8)

### **Section 8 (57-64)**

#### **Diamond, Coaster, $\frac{1}{2}$ Pivot**

- &1 Step RF  $\frac{1}{8}$  Back (&), Step LF Back (1)  
2&3 Step RF Back (2), Step LF  $\frac{1}{8}$  Fwd (&), Step RF Fwd (3)  
4&5 Cross LF Over R (4), Step RF  $\frac{1}{8}$  Back (&), Step LF Back (5)  
6&7 Step RF Back (6), Close LF Next to R (&), Step RF Fwd (7)  
8 Pivot  $\frac{1}{2}$  L onto LF (8)
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#### **Entrance into Section 1**

- 1- Step RF Back  $\frac{1}{4}$  with L Sweep (1)

#### **Tag with Skip Start**

##### **Step $\frac{1}{4}$ Pivot**

- 1-2 Step RF Fwd, Pivot  $\frac{1}{4}$  to L onto LF

##### **Skip Restart from CT 32 - CT 1 of Section 5**

- 1 Press into RF

#### **Ending**

##### **Step Back, Cross Behind, $\frac{1}{2}$ Unwind**

**After R Hitch, Step RF Back, Step LF Behind R and Unwind  $\frac{1}{2}$**

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