

# Insanity

Count: 64

Wand: 4

Ebene:

Choreograf/in: Charlie Bowring (UK)

Musik: Insanity - Dez Walters



## **SIDE TOUCHES, CROSS, UNWIND, CROSS, UNWIND**

- 1 Touch right to right side
- 2 Touch right to right side
- 3 Cross right behind left
- 4 Pivot ½ turn right
- 5 Cross left in front of right
- 6 Pivot ½ turn right

## **RIGHT SHUFFLE, SIDE STEP, RIGHT SHUFFLE/VINE, TRIPLE STEP**

- 7&8 Right shuffle to right side
- 9 Cross left behind right
- 10 Step right to right side
- 11&12 Left shuffle across right traveling right
- 13 Step right side
- 14 Cross left behind right
- 15&16 Right triple step in place (shuffle)

## **LEFT SHUFFLE, SIDE STEP, LEFT SHUFFLE/VINE, TRIPLE STEP**

- 17&18 Left shuffle to left side
- 19 Cross right behind left
- 20 Step left to left side
- 21&22 Right shuffle across left traveling left
- 23 Step left side
- 24 Cross right behind left
- 25&26 Left triple step in place (shuffle)

## **STEP, SLIDE, STEP, HITCH, ROLL BACK LEFT, ROLL BACK RIGHT**

- 27 Step forward on right
- 28 Slide left up to right
- 29 Step forward on right
- 30 Hitch left
- 31-34 Step back left, right, left, hitch right (making a full turn over left shoulder)
- 35-38 Step back right, left, right, touch left (making a full turn over right shoulder)

## **DIAGONAL SHUFFLE, DIAGONAL SHUFFLE, LEFT VINE WITH ¼ TURN, TOUCH**

- 39&40 Left shuffle diagonally forward
- 41&42 Right shuffle diagonally forward
- 43 Step left to left side
- 44 Cross right behind left
- 45 Step left to left side making ¼ turn left
- 46 Touch right beside left

## **DOUBLE TIME TOUCH STEP PATTERN**

- 47 Touch right to side
- & Step right in place
- 48 Touch left heel forward

& Step left in place  
49 Touch right heel forward  
& Step right in place  
50 Touch left to left side  
& Step left in place  
51 Touch right heel forward  
& Step right in place  
52 Touch left heel forward  
& Step left in place  
53 Touch right to right side  
& Step right in place  
54 Touch left to left side

#### **KICK-STEP-TOUCH, KICK-STEP-TOUCH**

55 Kick left forward  
& Step left foot down  
56 Touch right to right side  
57 Kick right forward  
& Step right foot down  
58 Touch left to left side

#### **TOUCH FORWARD, SIDE, BEHIND, PIVOT, KICK-BALL-CHANGE**

59 Touch left in front of right  
60 Touch left to left side  
61 Touch left behind right  
62 Pivot ½ turn on heel of right foot and toe of left  
63 Kick right forward  
& Step down on ball of right foot  
64 Step down on left foot

**REPEAT**

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