

# Insatiable

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Shaz Walton (UK)

Musik: Insatiable - Darren Hayes



**Start dancing on the sixteenth "strong" beat**  
**Keep it smooth, keep it sexy, keep it sultry! Use those hips!**

## STEP FORWARD, HOLD, ROCK RECOVER, STEP BACK, HOLD, ROCK RECOVER

- 1-2 Step forward right, hold
- 3-4 Rock forward left, rock back onto right
- 5-6 Step back left, hold
- 7-8 Rock back on right, recover on to left

**Make full use of your hips when doing rocks/mambo's**

## STEP ¼, HOLD, SWEEP ½ TURN LEFT, CROSS, SIDE, SWAY RIGHT, LEFT

- 1-2 Step right ¼ turn left, hold
- 3-4 Sweep left foot ½ turn left stepping back on left, cross right over left
- 5-6 Step left to left side, hold
- 7-8 Sway hips left right left

## STEP RIGHT ¼ RIGHT, HOLD, STEP ½ TURN STEP, HOLD, FULL TURN LEFT

- 1-2 Step right ¼ right, hold
- 3-4 Step forward left, pivot ½ turn right
- 5-6 Step forward left, hold
- 7-8 Make a full turn left, stepping right left

**If you don't want to turn, step forward slightly right, left**

## TOE KICK CROSS, TOE KICK CROSS, ROCK RECOVER

- 1-2-3 Touch right toe to left instep, low kick diagonally right, cross right over left
  - 4-5-6 Touch left toe to right instep, low kick diagonally left, cross left over right
- Keep 1-6 smooth, with knees slightly bent**
- 7-8 Cross rock right over left, recover on left

## STEP ½ TURN RIGHT, HOLD, FULL TURN FORWARD, HOLD, ROCK RECOVER

- 1-2 Make ½ turn right stepping right forward, hold
- 3-4-5-6 Make a full turn forward stepping left, right, step left to left side, hold
- 7-8 Rock back on right, recover on left

**To cut out the full turn, step left right left on the spot**

## STEP ¼ DRAG, ROCK RECOVER, STEP, ½ SWEEP LEFT, ROCK FORWARD RECOVER

- 1-2- Step back right ¼ turn left, start to drag left to right
- 3-4 Rock back on left, recover on right
- 5-6 Step forward left, sweep right ½ turn
- 7-8 Rock forward on right, recover on left

## STEP ½ TURN RIGHT, HOLD, FULL TURN FORWARD, HOLD, ROCK RECOVER

- 1-2 Make ½ turn right stepping right forward
- 3-4-5-6 Make a full turn forward stepping left, right, step left to left side, hold
- 7-8 Rock back on right, recover on left

**To cut out the full turn, step left right left on the spot**

**STEP, HOLD, SWAY LEFT RIGHT LEFT, HOLD, CROSS UNWIND STEP**

1-2 Step right to right side, hold

3-4-5-6 Sway hips left right left hold

7-8 Cross right over left, unwind  $\frac{1}{2}$  turn left, stepping slightly forward on left

**REPEAT**

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