

# Insane!

**Count:** 32

**Wall:** 4

**Level:** Low Intermediate

**Choreographer:** Kim-Fundanzer (MY) - November 2008

**Music:** 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!**

**Updated: Jan 3. 2015**

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