

Insecure

Compte: 48

Mur: 4

Niveau: Improver / Intermediate

Chorégraphe: Séverine Fillion (FR) - October 2017

Musique: Insecure - RaelLynn : (Album: Wildhorse, 2017)



Intro : 16 counts

[1-8] SIDE, BEHIND, SIDE TRIPLE STEP, ROCK BACK, SIDE TRIPLE STEP

- 1-2 Right to right, left cross behind right
- 3&4 Triple step right – left – right to the right side
- 5-6 Rock back on left, recover on right
- 7&8 Triple step left – right – left to the left side

[9-16] CROSS, SIDE, BEHIND & HEEL, & CROSS, HOLD, & HEEL, HOLD

- 1-3 Right cross over left, left to left, right cross behind left
- &4 Left to left slightly back, touch right heel diagonally right fwd
- &5 Right next to left, left cross over right
- 6 Hold
- &7 Right to right slightly back, touch left heel diagonally left fwd
- 8& Hold, recover weight on left (&) ** RESTART here on wall 3

[17-24] ROCKING CHAIR, STEP 1/2 TURN, TRIPLE STEP FWD

- 1-4 Rock step right fwd, recover on left, rock back on right, recover on left
- 5-6 Right step fwd, Turn 1/2 left (weight on left) 6:00
- 7&8 Triple step right – left – right fwd

[25-32] CHARLESTON STEP

- 1-4 Left step fwd, right Kick fwd, right step back, point left toe back
- 5-8 Left step fwd, right Kick fwd, right step back, point left toe back

[33-40] HEEL TAP FWD, TOE TAP BACK, STEP FWD, 1/4 TURN & SIDE POINT, JAZZ BOX

- 1-2 Tap left heel fwd, Tap left toe back
- 3-4 Left step fwd, Turn 1/4 left & touch right toe to right side 3:00
- 5-8 Right cross over left, left step back, right to right, left step fwd

[41-48] V STEP, 4 WALKS FWD with KNEE POP

- 1-4 Right diagonally right fwd, left diagonally left fwd

Option style : 1 - Push aside right hand to the right, 2 – Push aside left hand to the left

- 3-4 Recover on right to the center, left next to right

Option style : 3 – Put right hand on right hip, 4 – put left hand on left hip

- &5 Knee pop R : Right step fwd (Unstick left heel of the ground and pop left knee fwd)
- &6 Knee pop L : Left step fwd (unstick right heel of the ground and pop right knee fwd)
- &7&8 Kneep pop R, Kneep pop L

RESTART : After 16 counts on 3th wall at 6:00

SMILE & HAVE FUN!!