

# Virtual Insanity

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

**Compte:** 32

**Mur:** 2

**Niveau:** Intermediate/Advanced

**Chorégraphe:** John Robinson (USA)

**Musique:** Virtual Insanity - Jamiroquai



Contact John to purchase any of this music. "Virtual Insanity is on the "Traveling Without Moving" CD. But this dance works better to the version on "All-Star Dance Hits 97". Start the dance 14 counts after the piano begins.

## **WALK RIGHT, LEFT, RIGHT STEP TURNING ¼ LEFT & LEFT CROSS BEHIND, RIGHT SIDE ROCK & CROSS OVER LEFT, LEFT SIDE STEP, RIGHT CROSS BEHIND & LEFT STEP ¼ TURN LEFT, RIGHT STEP FORWARD**

- 1-2 Step right forward, step left forward  
3&4& Pivoting off left foot, right step into ¼ turn left, left cross behind right, right rock side right, recover weight to left foot  
5-6 Right step across left, left step side left  
7&8 Right cross behind left, left step into ¼ turn left, step right forward

## **LEFT BRUSH & RIGHT ROCK FORWARD & BACK & STEP FORWARD, LEFT ROCK, RECOVER, LEFT TRIPLE TURNING ¾ LEFT**

- 1&2& Left brush forward ball of foot, left step next to right, right rock forward ball of foot, recover weight to left foot  
3&4 Right rock back ball of foot, recover weight to left foot, step right forward  
5-6 Left rock forward ball of foot, recover weight to right foot  
**On counts 7&8, you will make a ¾ turn left as you execute a left shuffle**  
7&8 Pivot ½ left and step left foot forward, right step forward instep to left heel, left step ¼ turn left

## **RIGHT SYNCOPATED TOE TOUCH OUT-IN-OUT, RIGHT CROSSOVER TRIPLE, LEFT SYNCOPATED TOE TOUCH OUT-IN-OUT, LEFT CROSSOVER TRIPLE**

- 1&2 Right toe touch side right, right touch next to left, right toe touch side right  
3&4 Right step across left, left small step side left, right step across left  
5&6 Left toe touch side left, left touch next to right, left toe touch side left  
7&8 Left step across right, right small step side right, left step across right

## **STEP BACK-OUT-OUT, RIGHT KNEE ROLL WITH ¼ TURN RIGHT, ½ PIVOT LEFT INTO LEFT TRIPLE FORWARD, RIGHT STEP FORWARD, full turn SPIRAL TURN LEFT WITH LEFT STEP FORWARD**

- 1&2 Step right back, step left back and side left about shoulder-width apart from right, right step out side right on ball of foot, keeping weight on left  
3-4 Roll right knee in toward left leg, roll right knee out making ¼ turn right, placing weight on right foot  
5&6 Pivot ½ left, stepping left foot forward, right step forward instep to left heel, step left forward  
7-8 Step right forward, pivot full turn left stepping left foot slightly forward

**REPEAT**

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