

Insecure

拍数: 48 墙数: 4 级数: Improver / Intermediate
编舞者: Séverine Fillion (FR) - October 2017
音乐: Insecure - Raelynn : (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!!