

Insecure

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Carlton Thompson (USA) - January 2018
音乐: Insecure - RaeLynn



Section 1:

1&2 Step R ft. to right side, Bring L ft. next to right, Step R ft. to right side.
3&4 Step L ft. back, Bring R ft. next to left, Step L ft. back.
5&6 Step R ft. forward, Bring L ft. next to right, Step R ft. forward.
7&8 Step L ft. to left side, Bring R ft. next to left, Step L ft. to left side.

Section 2:

1-2& Rock R ft. forward (with body roll), Recover back on L ft., Bring R ft. next to left.
3-4& Rock L ft. forward (with body roll), Recover back on R ft., Bring L ft next to right.
5&6& Tap R heel forward, Bring R ft. next to left, Tap L toe back, Make ¼ turn left by stepping L ft. next to right. (9:00)
7&8& Tap R toe back, Bring R ft. next to left, Make ¼ turn left by tapping L heel forward, Bring L ft. next to right. (6:00)

Section 3:

1&2 Step R ft. forward, Step L ft. next to right, Step R ft. forward.
3&4 Make ¼ turn right by leading with L ft., Bring R ft. next to left, Step L ft. to left side. (9:00)
5&6 Make ½ turn right by leading with R ft., Bring L ft. next to right, Step R ft. forward. (3:00)
7&8 Make ¼ turn right by stepping back with L ft., Bring R ft. next to left, Step L ft. to back. (6:00)

Section 4:

1-2& Rock R ft. forward (with body roll), Recover back on L ft., Bring R ft. next to left.
3-4& Rock L ft. forward (with body roll), Recover back on R ft., Bring L ft next to right.
5&6& Tap R heel forward, Bring R ft. next to left, Tap L toe back, Make ¼ turn left by stepping L ft. next to right. (9:00)
7&8& Tap R toe back, Bring R ft. next to left, Make ¼ turn left by tapping L heel forward, Bring L ft. next to right. (6:00)

Section 5:

1-2& Step R ft. diagonally forward, Bring L ft. behind right, Step R ft. diagonally forward.
3-4& Step L ft. diagonally forward, Bring R ft. being left, Step L ft. diagonally forward.
5-6& Tap R toe forward, Tap R toe next to left, Swing R ft. up and tap R heel with right hand.
7&8 Tap R toe forward, Swivel both heels outwards (be on ball of both feet), Swivel both heels inwards.

Section 6:

1-2 Step R ft. diagonally forward to right side, Step L ft. to left side.
3&4 Make ¼ turn right leading with R ft., Bring L ft. next to right, Make ¼ turn right leading with R ft. (12:00)
5-6 Make ½ turn right leading with L ft. forward, Make ½ turn right leading with R ft.
7-8& Make ½ turn right leading with L ft. forward, Make ½ turn right leading with R ft., Step L ft. next to right foot.

Restart Notes:

Restart on Wall 3 after completing Sections 1 and 2 (16 Counts).

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YouTube: Search Under "Carlton Thompson"

Insecure Demo Video is also on Carlton Thompson's Page: www.facebook.com/cthompsonchoreo
