

Insatiable

COPPER **KNOB**
BY STEPHEN HETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Caroline Cooper (UK) & Julie Snailham (ES) - September 2019
音乐: Insatiable - Darren Hayes



Choreographed September 2019 For Caroline's All Day Event October 11th 2019

Intro From Heavy Beat 40 Counts (Start On Vocals)

Section 1: SIDE, ROCK BACK, RECOVER, SIDE, ROCK BACK, RECOVER, SWAY X 2, SIDE, BEHIND, SIDE, CROSS

1-2& Long step R to R side, rock back on L, recover R (12)
3-4& Long step L to L side, rock back on R, recover L (12)
5-6 Step R to R side as you sway hips R, then L (12)
7 Long step R, drag L towards R (12)
8&1 Step L behind R, step R to R side, cross L over R (12)

Section 2: RECOVER, ¼ TURN STEP, ½ TURN, ½ TURN, BACK, DRAG, BEHIND, SIDE, CROSS, SIDE CLOSE, HITCH CROSS

2&3 Recover on R, turning ¼ L step forward on L, step forward R (9)
4&5 Pivot ½ L, turn another ½ L stepping back on R, step back on L (9)
6&7 Drag R foot, behind, step L to L side, cross R over L (9)
&8 Step L to L side, close R next to L (9)
&1 Hitch L, cross L over R (9)

Section 3: ¼ TURN, ¼ TURN SIDE, SIDE, BACK, TOGETHER, PRISSY WALK LRL, MAMBO ½ TURN

2&3 ¼ turn L stepping back R, ¼ turn L stepping L to L side, long step R (3)
4&5 Step back L, step R next to L, step forward L crossing it over R (3)
6-7 Cross walk R over L, cross walk L over R (3)
8&1 Rock forward R, recover L, ½ turn R stepping forward R (9)

Section 4: ROCK, RECOVER, STEP, (DIAGONAL) BACK LOCK BACK, ½ SAILOR TURN L, STEP PIVOT ½ TURN

2&3 Rock L forward, recover, step back L (9)
4&5 Turn 1/8th R, stepping back on R, lock L across in front of R, step back R (10)
6&7 Make ½ turn over L sweeping L behind R, stepping R to R side, stepping L forward (4)
8& Step forward R, turn 5/8th pivot turn over L (9)

Your Restarts happen on wall 2 facing 6 O'clock & wall 5 facing 9 O'clock. Both times during section 2

Your step change is during section 2 please replace the steps 8& with the following:-
(&) Step L to L side (8) Touch R next to L (&) hold

Tag wall 8 facing 3 o'clock during section 1
Omit counts 7, 8& and replace with 7-8 Hips sway R L

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Last Update - 28 Sept. 2019 - R2