

Lil' Bit Insane

COPPERKNOB
STEPSHEETS

拍数: 64
编舞者: Kat Nichols (USA) - October 2024
音乐: Insane - Black Gryph0n & Baasik

墙数: 2

级数: Intermediate / Advanced



Section 1 (1-8) Sweep (x3), ¼ Sailor Step, Hold, Ball Step, Cross Shuffle

1-2-3 Step Back RF & L Sweep F to B (1), Step Back LF & R Sweep Front to Back (2), Step Back RF & L Sweep F to B (3)
4&5-6 Step LF ⅛ Behind R (4), Step RF ⅛ to R Side (&), Cross LF Over F (5), Hold (6)
&7&8 Step RF to R Side (&), Cross LF Over R (7), Step RF to R Side (&), Cross LF Over R (8)

Section 2 (9-16) ¼ Back, Heel, Step and Flick, Walk (x2), Cross-Back-Back, Cross, Step Fwd

&1-2 Step RF ¼ Back (&), Present L Heel (1), Step LF Fwd and Flick R (2)
3-4 Step RF Fwd (3), Step LF Fwd (4)
5&6 Cross RF Over L (5), Step LF Back (&), Step RF Back (6)
7-8 Cross LF Behind R (7), Step RF ⅛ Fwd (8)

Section 3 (17-24) Step Fwd, Scuff, Hitch, Back, ⅛ Sailor, Prep, Arabesque Pencil Turn, Side - Heel Fan

&1-2 Step LF Fwd (&), Scuff RF (1), Hitch R and Slightly Bend at Waist and Snap Fingers (2)
3-4&5 Step RF Back (3), Step LF Behind R (4), Step RF ⅛ to R Side (&), Step LF to L Side (5)
& Prep onto RF (&)
6-7,8 Step LF ¼ Fwd (6), Trail RF in Arabesque Position into L and turn ½ L (7), Step RF to R Side with L Heel Fan (8)

Option for Count 6-7

¼ Hops (x3)

6&7,8 Hop L ¼ on LF with R (6), Hop L ¼ on L (&), Hop ¼ L Hold (7), Step RF to R Side with L Heel Fan (8)

Section 4 (25-32) Behind, ¼ Fwd, Step ½ Pivot, ⅛ Camel Walk, ⅛ Camel Walk, Camel Walk Back, Back, Side

&1 Cross LF Behind R (&), Step RF ¼ Fwd (1)
2-3 Step LF Fwd (2), ½ Pivot R onto RF (3)
4-5 Step LF ⅛ Fwd and Pop R Knee (4), Step RF ⅛ Fwd and Pop L Knee (5)
6-7 Step LF Back ⅛ and Pop R Knee (6), Step RF Back (7)
8 Step LF to L Side (8)

Section 5 (33-40) Elvis Knee with Press, Lock, ⅛ Step, Step-Lock-Step, Rock-Recover, Step Fwd ½

&1 Bend R Knee In Towards L (&), Bend R Knee Out From L & Put Weight on RF (1)
2-3 Step LF Behind R (2), Step RF ⅛ Fwd (3)
4&5 Step LF Fwd (4), Step RF Behind L (&), Step LF Fwd (5)
6-7 Rock RF Fwd (6), Recover Back on LF (7)
8 Step RF ½ Fwd (8)

Section 6 (41-48) Step Lock Step, Step ¼ Pivot, Behind Side, Modified Jazz Box

&1-2 Step LF Fwd (&), Step RF Behind L (1), Step LF Fwd (2)
3-4 Step RF Fwd (3), Pivot ¼ L onto LF (4)
5& Cross RF Behind L (5), Step LF to L Side (7)
6-7-8 Cross RF Over L (6), Step LF Back (7), Step RF to R Side (8)

Section 7 (49-56) Knee Pop, Step ¼ Side, ½ Sailor, ⅛ Heel Bounce (x2), Fall Away Diamond

&1-2 Raise Up on Balls of Feet (&), Settle Down with Weight on L (1), Step RF ¼ Back (2)
3&4 Step LF Behind R (3), Step RF ¼ Next to L (&), Step LF ¼ to L Side (4)

- 5-6 Raise Up on Balls of Feet & Settle Back Down $\frac{1}{8}$ to R (5), Raise Up on Balls of Feet & Settle Back Down $\frac{1}{8}$ to R - Weight on LF (6)
7-8 Step RF Fwd (7), Cross LF Over R (8)

Section 8 (57-64)

Diamond, Coaster, $\frac{1}{2}$ Pivot

- &1 Step RF $\frac{1}{8}$ Back (&), Step LF Back (1)
2&3 Step RF Back (2), Step LF $\frac{1}{8}$ Fwd (&), Step RF Fwd (3)
4&5 Cross LF Over R (4), Step RF $\frac{1}{8}$ Back (&), Step LF Back (5)
6&7 Step RF Back (6), Close LF Next to R (&), Step RF Fwd (7)
8 Pivot $\frac{1}{2}$ L onto LF (8)
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Entrance into Section 1

- 1- Step RF Back $\frac{1}{4}$ with L Sweep (1)

Tag with Skip Start

Step $\frac{1}{4}$ Pivot

- 1-2 Step RF Fwd, Pivot $\frac{1}{4}$ to L onto LF

Skip Restart from CT 32 - CT 1 of Section 5

- 1 Press into RF

Ending

Step Back, Cross Behind, $\frac{1}{2}$ Unwind

After R Hitch, Step RF Back, Step LF Behind R and Unwind $\frac{1}{2}$
