

Virtual Insanity

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 2 级数: Intermediate/Advanced
编舞者: John Robinson (USA)
音乐: 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 $\frac{1}{4}$ LEFT & LEFT CROSS BEHIND, RIGHT SIDE ROCK & CROSS OVER LEFT, LEFT SIDE STEP, RIGHT CROSS BEHIND & LEFT STEP $\frac{1}{4}$ TURN LEFT, RIGHT STEP FORWARD

1-2 Step right forward, step left forward
3&4& Pivoting off left foot, right step into $\frac{1}{4}$ 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 $\frac{1}{4}$ turn left, step right forward

LEFT BRUSH & RIGHT ROCK FORWARD & BACK & STEP FORWARD, LEFT ROCK, RECOVER, LEFT TRIPLE TURNING $\frac{3}{4}$ 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 $\frac{3}{4}$ turn left as you execute a left shuffle
7&8 Pivot $\frac{1}{2}$ left and step left foot forward, right step forward instep to left heel, left step $\frac{1}{4}$ 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 $\frac{1}{4}$ TURN RIGHT, $\frac{1}{2}$ 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 $\frac{1}{4}$ turn right, placing weight on right foot
5&6 Pivot $\frac{1}{2}$ 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
