

# Insatiable

COPPER KNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Shaz Walton (UK)  
音乐: Insatiable - Darren Hayes



Start dancing on the sixteenth "strong" beat  
Keep it smooth, keep it sexy, keep it sultry! Use those hips!

## STEP FORWARD, HOLD, ROCK RECOVER, STEP BACK, HOLD, ROCK RECOVER

1-2            Step forward right, hold  
3-4            Rock forward left, rock back onto right  
5-6            Step back left, hold  
7-8            Rock back on right, recover on to left

**Make full use of your hips when doing rocks/mambo's**

## STEP ¼, HOLD, SWEEP ½ TURN LEFT, CROSS, SIDE, SWAY RIGHT, LEFT

1-2            Step right ¼ turn left, hold  
3-4            Sweep left foot ½ turn left stepping back on left, cross right over left  
5-6            Step left to left side, hold  
7-8            Sway hips left right left

## STEP RIGHT ¼ RIGHT, HOLD, STEP ½ TURN STEP, HOLD, FULL TURN LEFT

1-2            Step right ¼ right, hold  
3-4            Step forward left, pivot ½ turn right  
5-6            Step forward left, hold  
7-8            Make a full turn left, stepping right left

**If you don't want to turn, step forward slightly right, left**

## TOE KICK CROSS, TOE KICK CROSS, ROCK RECOVER

1-2-3            Touch right toe to left instep, low kick diagonally right, cross right over left  
4-5-6            Touch left toe to right instep, low kick diagonally left, cross left over right  
7-8            Cross rock right over left, recover on left

**Keep 1-6 smooth, with knees slightly bent**

## STEP ½ TURN RIGHT, HOLD, FULL TURN FORWARD, HOLD, ROCK RECOVER

1-2            Make ½ turn right stepping right forward, hold  
3-4-5-6            Make a full turn forward stepping left, right, step left to left side, hold  
7-8            Rock back on right, recover on left

**To cut out the full turn, step left right left on the spot**

## STEP ¼ DRAG, ROCK RECOVER, STEP, ½ SWEEP LEFT, ROCK FORWARD RECOVER

1-2-            Step back right ¼ turn left, start to drag left to right  
3-4            Rock back on left, recover on right  
5-6            Step forward left, sweep right ½ turn  
7-8            Rock forward on right, recover on left

## STEP ½ TURN RIGHT, HOLD, FULL TURN FORWARD, HOLD, ROCK RECOVER

1-2            Make ½ turn right stepping right forward  
3-4-5-6            Make a full turn forward stepping left, right, step left to left side, hold  
7-8            Rock back on right, recover on left

**To cut out the full turn, step left right left on the spot**

**STEP, HOLD, SWAY LEFT RIGHT LEFT, HOLD, CROSS UNWIND STEP**

1-2 Step right to right side, hold

3-4-5-6 Sway hips left right left hold

7-8 Cross right over left, unwind  $\frac{1}{2}$  turn left, stepping slightly forward on left

**REPEAT**

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