

# Insatiable

拍数: 64      墙数: 4      级数: Intermediate/Advanced  
编舞者: Noel Bradey (AUS)  
音乐: Insatiable - Darren Hayes



- 1-2-3-4      Kick right forward at 45 degrees right, cross/step right over left, step left back at 45 degrees left, cross/step right over left
- 5-6-7-8      Step left to left side, replace weight to right, cross/step left over right, hold
- 1-2-3-4      Kick right forward at 45 degrees right, cross/step right over left, step left back at 45 degrees left, cross/step right over left
- 5-6      Step back on left at 45 degrees left, cross/step right over left
- 7-8      On balls of both feet turn  $\frac{3}{4}$  turn left (end weight on right), hook left over right (take time on the turn hooking on the end of count 8)
- 1-2-3-4      Step forward left, lock/step right behind left, step forward left, hold
- 5-6      Turning  $\frac{1}{4}$  turn left sweep right toe around to step on right in front of left (take both counts to do the turn, stepping in front on the end of count 6)
- 7-8      On ball of right turn  $\frac{1}{4}$  turn left, slide/step the ball of left forward to step forward on left (there will be a very slight pause before the next step - listen to the music)
- 1-2-3-4      Step right to right side, cross/step left over right, step right to right side, cross/step left over right
- 5-6      \*\*\* Turning  $\frac{1}{4}$  turn left step back on right, hook left over right
- 7-8      Step forward on left, on the ball of left turn  $\frac{1}{4}$  turn left to step back on right
- 1-2      Turn  $\frac{1}{4}$  turn left stepping left to left and pushing hips to left, hold
- 3-4      Push hips to right, hold
- 5-6-7-8      Push hips left, right, left, right
- 1-2      Step left behind right at 45 degrees, replace weight to right
- 3-4      Turn  $\frac{1}{4}$  turn right stepping back on left, kick right forward,
- 5-6-7-8      Rock/step right to right side, replace weight to left, cross/step right over left, hold
- 1-2      Step forward on left at 45 degrees left pushing left hip forward, replace weight to right,
- 3-4      Cross/step left over right, hold
- 5-6      On ball of left turn  $\frac{1}{2}$  turn left stepping back on right, hold
- 7-8      On ball of right turn  $\frac{1}{2}$  turn left stepping forward on left, hold
- 1-2-3-4      Step forward on right, replace weight to left, step right beside left, hold
- 5-6-7-8      Step back on left, replace weight to right, step left beside right, hold

## REPEAT

## RESTARTS

There is a restart in the dance on walls 2, 5, 8, 12 (last wall). Dance to count 31, then do a  $\frac{1}{4}$  turn turn left on ball of left touching right beside left. Restart dance from count 1 (except wall 12 - last wall - this will finish you to the front)

## TAG

At the end of wall 6

- 1-2-3-4      Step forward on right, replace weight to left, step right beside left, hold

5-6-7-8 Step back on left, replace weight to right, step left beside right, hold  
1-2 On ball of left turn  $\frac{1}{2}$  turn left stepping back on right, hold  
3-4 On ball of right turn  $\frac{1}{2}$  turn left stepping forward on left, hold  
5-6-7-8 Rock/step forward on right, replace weight to left, touch right beside left, hold

**Thank you to Lyn Bartle for your keen eye during the creation of this dance.**

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