

# Insecure

拍數: 48      牆數: 4      級數: Improver / Intermediate  
編舞者: Séverine Fillion (FR) - October 2017  
音樂: Insecure - Raelynn : (Album: Wildhorse, 2017)



Intro : 16 counts

## [1-8] SIDE, BEHIND, SIDE TRIPLE STEP, ROCK BACK, SIDE TRIPLE STEP

1-2            Right to right, left cross behind right  
3&4           Triple step right – left – right to the right side  
5-6           Rock back on left, recover on right  
7&8           Triple step left – right – left to the left side

## [9-16] CROSS, SIDE, BEHIND & HEEL, & CROSS, HOLD, & HEEL, HOLD

1-3            Right cross over left, left to left, right cross behind left  
&4            Left to left slightly back, touch right heel diagonally right fwd  
&5            Right next to left, left cross over right  
6              Hold  
&7            Right to right slightly back, touch left heel diagonally left fwd  
8&            Hold, recover weight on left (&) \*\* RESTART here on wall 3

## [17-24] ROCKING CHAIR, STEP 1/2 TURN, TRIPLE STEP FWD

1-4            Rock step right fwd, recover on left, rock back on right, recover on left  
5-6            Right step fwd, Turn 1/2 left (weight on left) 6:00  
7&8            Triple step right – left – right fwd

## [25-32] CHARLESTON STEP

1-4            Left step fwd, right Kick fwd, right step back, point left toe back  
5-8            Left step fwd, right Kick fwd, right step back, point left toe back

## [33-40] HEEL TAP FWD, TOE TAP BACK, STEP FWD, 1/4 TURN & SIDE POINT, JAZZ BOX

1-2            Tap left heel fwd, Tap left toe back  
3-4            Left step fwd, Turn 1/4 left & touch right toe to right side 3:00  
5-8            Right cross over left, left step back, right to right, left step fwd

## [41-48] V STEP, 4 WALKS FWD with KNEE POP

1-4            Right diagonally right fwd, left diagonally left fwd

**Option style : 1 - Push aside right hand to the right, 2 – Push aside left hand to the left**

3-4            Recover on right to the center, left next to right

**Option style : 3 – Put right hand on right hip, 4 – put left hand on left hip**

&5            Knee pop R : Right step fwd (Unstick left heel of the ground and pop left knee fwd)  
&6            Knee pop L : Left step fwd (unstick right heel of the ground and pop right knee fwd)  
&7&8          Kneep pop R, Kneep pop L

**RESTART : After 16 counts on 3th wall at 6:00**

**SMILE & HAVE FUN!!**