

Insecure (P)

拍數: 48 牆數: 0 級數: Intermediate Partner
編舞者: Guy Dubé (CAN) & Manon Poitras (CAN) - April 2018
音樂: Insecure - RaeLynn



Intro : 16 counts, side by side "Sweetheart" position face LOD.

Note : Same footwork except where noted.

[1-8] 2X (CROSS SAMBA) WALK, WALK, SHUFFLE FORWARD

1&2 Cross R over L, step L to side with weight, recover on R
3&4 Cross L over R, step R to side with weight, recover on L
5-6 Walk forward R,L
7&8 Shuffle forward R,L,R

[9-16] 2X (SYNCOPATED ROCK STEP FORWARD), COASTER STEP, SHUFFLE FORWARD

1-2 Step L forward with weight, recover on R
& Step L together R
3-4 Step R forward with weight, recover on L
5&6 Step R back, step L together R, step R forward
7&8 Shuffle forward L,R,L

Restart : Once only, at the 3rd repetition, after the first 16 count, start again from the beginning.

[17-24] MAN : STEP FWD, CROSS STEP BEHIND, TRIPLE STEP, STEP SIDE, TOGETHER, SHUFFLE FORWARD

[17-24] LADY : STEP BACK, STEP SIDE, WEAVE to L, STEP FWD, 1/2 TURN L and STEP BACK, SHUFFLE 1/2 TURN L

(On count 1, raise R hands and leave your L hands, the lady goes behind, under the arm of the man).

(On count 2, the lady takes the L hand of the man who is behind on his left).

1-2 M : Step R forward, cross step L behind R

L : Step R back, step L to side

(On counts 3&4, leave your R hands).

3&4 M : Triple step R,L,R on place

L : Cross step R behind L, step L to side, cross step R over L

(On counts 5-6, raise L hands over the lady's head).

5-6 M : Step L to side, step R together L

L : Step L forward, 1/2 turn to left and step R back diagonally to left ILOD

(On counts 7&8, the man directs the woman to his right and takes R hands again to finish in Sweetheart position).

7&8 M : Shuffle forward L,R,L

L : Shuffle L,R,L in 1/2 turn to left (lightly in diagonal to right) LOD

[25-32] MAN : TRIPLE STEP to R, ROCK BACK, SHUFFLE in 1/2 TURN R, SHUFFLE BACK

[25-32] LADY : TRIPLE STEP to R, ROCK BACK, TRIPLE STEP on PLACE, COASTER STEP

1&2 Triple step R,L,R to right

3-4 Cross step L behind R with weight, recover on R

(On counts 5&6, raise R hands for finish face à face both hands crossed in Double Hand Cross position).

(Hands R crossed on top).

5&6 M : Shuffle L,R,L in 1/2 turn right RLOD

L : Triple step L,R,L on place

7&8 M : Shuffle back R,L,R

L : Step R back, step L together R, step R forward

[33-40] MAN : 2X (WALK BACK), SHUFFLE in 1/2 TURN L, 2X (WALK FWD), SHUFFLE FWD

[33-40] LADY : 2X (WALK FWD), SHUFFLE FWD, 1/2 TURN L and STEP BACK, 1/2 TURN L and STEP

FWD, SHUFFLE FWD

1-2 M : Walk back L,R

L : Walk forward L,R

(On counts 3&4, raise R hands for finish side by side in Sweetheart position).

3&4 M : Shuffle L,R,L in 1/2 turn to left LOD

L : Shuffle forward L,R,L

(On counts 5-6, leave L hands and raise R hands for finish side by side in Sweetheart position)

5-6 M : Walk forward R,L

L : 1/2 turn to left and step R back, 1/2 turn to left and step L forward LOD

7&8 Shuffle forward R,L,R

[41-48] STEP, PIVOT 1/4 TURN R, CROSS SHUFFLE to R, SIDE-CROSS, SIDE, SAILOR STEP in 1/4 TURN L

1-2 Step L forward, pivot 1/4 turn to right OLOD

3&4&5 Shuffle cross L,R,L to right, step R to side, cross step L over R

6 Step R to side

7&8 Cross step L behind R, 1/4 turn to left and step R on place, step R on place LOD

REPEAT AND HAVE FUN !

Step description submitted by Ateliers MG Dance

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