

Insane

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Easy Intermediate (Phrased)
編舞者: Nathan BROUAZIN (FR) & Céline Porcher (FR) - January 2024
音樂: Insane - Black Gryph0n & Baasik



Introduction : 16 counts / Tag

Sequence : A - A - B - A - Tag - A - B - A - A16 Final

Part A: 32 counts

Section 1 [1-8] : Cross R, Back L ,R Side Shuffle, Cross L, 1/4T L with Back R, L Side Shuffle

1-2 Cross R over L (1), Step L Back (2) 12:00
3&4 Step R to R side (3), Step L beside R (&), Step R to R side (4)
5-6 Cross L over R (5), 1/4 turn L with Step R Back (6) 9:00
7&8 Step L to L side (7), Step R beside L (&), Step L to L side (8)

Section 2 [9-17] : Cross R, Back L, R Side, L Cross Shuffle, 1/2 Box Turn, Sailor Step 1/4 T L

1&2 Cross R over L (1), Step L Back (&), Step R to R Side (2) 9:00
3&4 Cross L over R (3), Step R to R Side (&), Cross L over R (4)
5-6 Step R to R Side (5), Turn 1/4 L Step L to L side (6) 06:00
7 Turn 1/4 L Step R to R side (7) 03:00
8&1 Turn 1/4 L Step L back (8), Step R to R side (&), Step L beside R (1) 12:00

Section 3 [18-24] : Heels Bounce, R lock/step L Mambo 1/2 T L, Run x3 *

2 Bounce Heels (2)
3&4 Step R fwd (3), Lock/step L behind R (&), Step R fwd (4)
5&6 Rock L Fwd (5), Recover on R (&), Turn 1/2 L step L Fwd (6) 06:00
7&8 Step R Fwd (7), Step L Fwd (&), Step R Fwd (8)

(*Option + + : replace Run x3 with Triple Full Turn)

Section 4 [25-32] : Step L Tic Tac 1/4 T R with Hitch R, Cross R, 1/4T L, R Rocking Chair *

1&2 Step L fwd (1), 1/8 turn R heel in (&), 1/8 turn L heel out with Hitch R (2) 03:00
3-4 Cross R over L (3), Turn 1/4 L step L Fwd (4) 06:00
5-6 Step R Fwd (5), Recover on L (6)
7-8 Step R Back (7), Recover on L (8)

(*Option + + : replace Rocking chair with 2 Step R Turn 1/2 T L)

Part B : 32 counts easy

Section 1 [1-8] : Charleston Step, Step R Tic Tac 1/4 T L, L Coaster step

1-2 Point R Fwd (1), swing and step R back (2)
3-4 Point L back (3), Swing and step L forward (4)
5&6 Step R fwd (5), 1/8 turn L heel in (&), 1/8 turn R heel out (6) 09:00
7&8 Step L Back (7), Step R beside L (&), Step L fwd (8)

Section 2 [9-16] : Charleston Step, Step R Tic Tac 1/4 T L, L Coaster step

1-2 Point R Fwd (1), swing and step R back (2)
3-4 Point L back (3), Swing and step L forward (4)
5&6 Step R fwd (5), 1/8 turn L heel in (&), 1/8 turn R heel out (6) 06:00
7&8 Step L Back (7), Step R beside L (&), Step L fwd (8)

Section 2 [17-24] : Charleston Step, Step R Tic Tac 1/4 T L, L Coaster step

1-2 Point R Fwd (1), swing and step R back (2)
3-4 Point L back (3), Swing and step L forward (4)
5&6 Step R fwd (5), 1/8 turn L heel in (&), 1/8 turn R heel out (6) 03:00
7&8 Step L Back (7), Step R beside L (&), Step L fwd (8)

Section 2 [25-32] : Charleston Step, Step R Tic Tac 1/4 T L, L Coaster step

1-2 Point R Fwd (1), swing and step R back (2)
3-4 Point L back (3), Swing and step L forward (4)
5&6 Step R fwd (5), 1/8 turn L heel in (&), 1/8 turn R heel out (6) 12:00
7&8 Step L Back (7), Step R beside L (&), Step L fwd (8)

TAG: 4 counts

Jazz box R : Cross R over L (1), Step L Back (2), Step R to R side (3), Step L Fwd (4)

FINAL : Section 2 : replace Sailor 1/4 T L with Sailor 3/4 Turn L

Happy and cool
