

# Virtual Insanity

COPPER KNOB  
BY STEPHEN METZ

拍數: 32      牆數: 2      級數: Intermediate/Advanced  
編舞者: John Robinson (USA)  
音樂: Virtual Insanity - Jamiroquai



Contact John to purchase any of this music. "Virtual Insanity is on the "Traveling Without Moving" CD. But this dance works better to the version on "All-Star Dance Hits 97". Start the dance 14 counts after the piano begins.

## WALK RIGHT, LEFT, RIGHT STEP TURNING $\frac{1}{4}$ LEFT & LEFT CROSS BEHIND, RIGHT SIDE ROCK & CROSS OVER LEFT, LEFT SIDE STEP, RIGHT CROSS BEHIND & LEFT STEP $\frac{1}{4}$ TURN LEFT, RIGHT STEP FORWARD

1-2            Step right forward, step left forward  
3&4&        Pivoting off left foot, right step into  $\frac{1}{4}$  turn left, left cross behind right, right rock side right, recover weight to left foot  
5-6            Right step across left, left step side left  
7&8            Right cross behind left, left step into  $\frac{1}{4}$  turn left, step right forward

## LEFT BRUSH & RIGHT ROCK FORWARD & BACK & STEP FORWARD, LEFT ROCK, RECOVER, LEFT TRIPLE TURNING $\frac{3}{4}$ LEFT

1&2&        Left brush forward ball of foot, left step next to right, right rock forward ball of foot, recover weight to left foot  
3&4            Right rock back ball of foot, recover weight to left foot, step right forward  
5-6            Left rock forward ball of foot, recover weight to right foot  
On counts 7&8, you will make a  $\frac{3}{4}$  turn left as you execute a left shuffle  
7&8            Pivot  $\frac{1}{2}$  left and step left foot forward, right step forward instep to left heel, left step  $\frac{1}{4}$  turn left

## RIGHT SYNCOPATED TOE TOUCH OUT-IN-OUT, RIGHT CROSSOVER TRIPLE, LEFT SYNCOPATED TOE TOUCH OUT-IN-OUT, LEFT CROSSOVER TRIPLE

1&2            Right toe touch side right, right touch next to left, right toe touch side right  
3&4            Right step across left, left small step side left, right step across left  
5&6            Left toe touch side left, left touch next to right, left toe touch side left  
7&8            Left step across right, right small step side right, left step across right

## STEP BACK-OUT-OUT, RIGHT KNEE ROLL WITH $\frac{1}{4}$ TURN RIGHT, $\frac{1}{2}$ PIVOT LEFT INTO LEFT TRIPLE FORWARD, RIGHT STEP FORWARD, full turn SPIRAL TURN LEFT WITH LEFT STEP FORWARD

1&2            Step right back, step left back and side left about shoulder-width apart from right, right step out side right on ball of foot, keeping weight on left  
3-4            Roll right knee in toward left leg, roll right knee out making  $\frac{1}{4}$  turn right, placing weight on right foot  
5&6            Pivot  $\frac{1}{2}$  left, stepping left foot forward, right step forward instep to left heel, step left forward  
7-8            Step right forward, pivot full turn left stepping left foot slightly forward

**REPEAT**