

# Insania

拍數: 50      牆數: 4      級數: Intermediate  
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音樂: Loca - Malena Gracia



## SIDE ROCK STEPS WITH HIP SWAY, SAILOR STEP, SCUFF, SIDE STEP

- 1-4      Rock right out to right side swaying hips right, rock left in place swaying hips left, repeat counts 1-2  
5&6      Cross step right behind left, step left to left side, step right in place  
7-8      Scuff left beside right, step left out to left side

## KNEE TWISTS WITH ¼ TURN & KICK, BACK ROCK STEP, SHUFFLE

- 1-2      Twist right knee in towards left, turn right knee out to right side  
3&4      Twist right knee in towards left, turn right knee out with ¼ turn right and right kick forward  
5-6      Rock back on to right, rock forward on to left  
7&8      Shuffle forward on right, left, right

## JAZZ BOX ¼ TURN LEFT WITH CROSS STEP, TURN ¼ RIGHT, TOGETHER, SHUFFLE

- 1-4      Cross step left over right, step back on right, turn ¼ left stepping left to left side, cross step right over left  
5-6      Turn ¼ right stepping back on left, step right next to left  
7&8      Shuffle forward on left, right, left

## ROCK STEP, SHUFFLE ½ TURN, PIVOT ½ TURN, TURN ¼ RIGHT IN TO A RIGHT CHASSE

- 1-2      Rock forward on right, rock back on left  
3&4      Shuffle ½ turn right on right, left, right  
5-6      Step forward on left, pivot ½ turn right, (keeping weight back on left foot)  
&7&8      Turn ¼ right stepping right to right side, step left next to right, step right to right side

## CROSS BODY ROCK TWICE, CHASSE LEFT, COASTER STEP

- 1-4      Cross rock left over right, recover on to right, repeat counts 1-2, (swaying hips forward & back)  
5&6      Step left to left side, step right next to left, step left to left side  
7&8      Step back on right, step left next to right, step forward on right

## PIVOT ½ TURN RIGHT, SHUFFLE, HEEL SWITCH 3 TIMES WITH ¼ TURN RIGHT, BALL CROSS

- 1-2      Step forward on left, pivot ½ turn right  
3&4      Shuffle forward on left, right, left  
5&6&7      Heel switch right, left, right, turning a ¼ turn right  
&8      Step ball of right in place, cross step left over right

## SIDE STEP RIGHT, TOGETHER

- 1-2      Step right to the right side, step left next to right

## REPEAT