

Insania

拍數: 50 牆數: 4 級數: Intermediate
編舞者: Kate Sala (UK) & Oli Geir (ICE)
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