

# Insanity

拍數: 64      牆數: 4      級數:  
編舞者: Charlie Bowring (UK)  
音樂: Insanity - Dez Walters



## SIDE TOUCHES, CROSS, UNWIND, CROSS, UNWIND

- 1            Touch right to right side
- 2            Touch right to right side
- 3            Cross right behind left
- 4            Pivot ½ turn right
- 5            Cross left in front of right
- 6            Pivot ½ turn right

## RIGHT SHUFFLE, SIDE STEP, RIGHT SHUFFLE/VINE, TRIPLE STEP

- 7&8        Right shuffle to right side
- 9            Cross left behind right
- 10          Step right to right side
- 11&12      Left shuffle across right traveling right
- 13          Step right side
- 14          Cross left behind right
- 15&16      Right triple step in place (shuffle)

## LEFT SHUFFLE, SIDE STEP, LEFT SHUFFLE/VINE, TRIPLE STEP

- 17&18      Left shuffle to left side
- 19          Cross right behind left
- 20          Step left to left side
- 21&22      Right shuffle across left traveling left
- 23          Step left side
- 24          Cross right behind left
- 25&26      Left triple step in place (shuffle)

## STEP, SLIDE, STEP, HITCH, ROLL BACK LEFT, ROLL BACK RIGHT

- 27          Step forward on right
- 28          Slide left up to right
- 29          Step forward on right
- 30          Hitch left
- 31-34      Step back left, right, left, hitch right (making a full turn over left shoulder)
- 35-38      Step back right, left, right, touch left (making a full turn over right shoulder)

## DIAGONAL SHUFFLE, DIAGONAL SHUFFLE, LEFT VINE WITH ¼ TURN, TOUCH

- 39&40      Left shuffle diagonally forward
- 41&42      Right shuffle diagonally forward
- 43          Step left to left side
- 44          Cross right behind left
- 45          Step left to left side making ¼ turn left
- 46          Touch right beside left

## DOUBLE TIME TOUCH STEP PATTERN

- 47          Touch right to side
- &          Step right in place
- 48          Touch left heel forward

& Step left in place  
49 Touch right heel forward  
& Step right in place  
50 Touch left to left side  
& Step left in place  
51 Touch right heel forward  
& Step right in place  
52 Touch left heel forward  
& Step left in place  
53 Touch right to right side  
& Step right in place  
54 Touch left to left side

#### **KICK-STEP-TOUCH, KICK-STEP-TOUCH**

55 Kick left forward  
& Step left foot down  
56 Touch right to right side  
57 Kick right forward  
& Step right foot down  
58 Touch left to left side

#### **TOUCH FORWARD, SIDE, BEHIND, PIVOT, KICK-BALL-CHANGE**

59 Touch left in front of right  
60 Touch left to left side  
61 Touch left behind right  
62 Pivot ½ turn on heel of right foot and toe of left  
63 Kick right forward  
& Step down on ball of right foot  
64 Step down on left foot

**REPEAT**

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