

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
