

Insatiable

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Shaz Walton (UK)
音樂: Insatiable - Darren Hayes



Start dancing on the sixteenth "strong" beat
Keep it smooth, keep it sexy, keep it sultry! Use those hips!

STEP FORWARD, HOLD, ROCK RECOVER, STEP BACK, HOLD, ROCK RECOVER

1-2 Step forward right, hold
3-4 Rock forward left, rock back onto right
5-6 Step back left, hold
7-8 Rock back on right, recover on to left

Make full use of your hips when doing rocks/mambo's

STEP ¼, HOLD, SWEEP ½ TURN LEFT, CROSS, SIDE, SWAY RIGHT, LEFT

1-2 Step right ¼ turn left, hold
3-4 Sweep left foot ½ turn left stepping back on left, cross right over left
5-6 Step left to left side, hold
7-8 Sway hips left right left

STEP RIGHT ¼ RIGHT, HOLD, STEP ½ TURN STEP, HOLD, FULL TURN LEFT

1-2 Step right ¼ right, hold
3-4 Step forward left, pivot ½ turn right
5-6 Step forward left, hold
7-8 Make a full turn left, stepping right left

If you don't want to turn, step forward slightly right, left

TOE KICK CROSS, TOE KICK CROSS, ROCK RECOVER

1-2-3 Touch right toe to left instep, low kick diagonally right, cross right over left
4-5-6 Touch left toe to right instep, low kick diagonally left, cross left over right
7-8 Cross rock right over left, recover on left

Keep 1-6 smooth, with knees slightly bent

STEP ½ TURN RIGHT, HOLD, FULL TURN FORWARD, HOLD, ROCK RECOVER

1-2 Make ½ turn right stepping right forward, hold
3-4-5-6 Make a full turn forward stepping left, right, step left to left side, hold
7-8 Rock back on right, recover on left

To cut out the full turn, step left right left on the spot

STEP ¼ DRAG, ROCK RECOVER, STEP, ½ SWEEP LEFT, ROCK FORWARD RECOVER

1-2- Step back right ¼ turn left, start to drag left to right
3-4 Rock back on left, recover on right
5-6 Step forward left, sweep right ½ turn
7-8 Rock forward on right, recover on left

STEP ½ TURN RIGHT, HOLD, FULL TURN FORWARD, HOLD, ROCK RECOVER

1-2 Make ½ turn right stepping right forward
3-4-5-6 Make a full turn forward stepping left, right, step left to left side, hold
7-8 Rock back on right, recover on left

To cut out the full turn, step left right left on the spot

STEP, HOLD, SWAY LEFT RIGHT LEFT, HOLD, CROSS UNWIND STEP

1-2 Step right to right side, hold

3-4-5-6 Sway hips left right left hold

7-8 Cross right over left, unwind $\frac{1}{2}$ turn left, stepping slightly forward on left

REPEAT
