

# Insatiably Yours

**COPPER** **NOB**  
BY STEPHEN HETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Karen Hadley (UK)  
音樂: Insatiable - Darren Hayes : (Album Version)



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## SIDE, TOGETHER, ¼ TURN RIGHT, STEP, PIVOT ½ TURN, STEP, FORWARD ROCK, STEP, BACK ROCK, STEP

1&2      Step right to right side, step left beside right, step right making ¼ turn right  
3&4      Step forward on left, pivot ½ turn right, step forward on left  
5&6      Rock forward on right, recover onto left, step back on right  
7&8      Rock back on left, recover onto right, step forward on left

## PIVOT ½ TURN, STEP, STEP, PIVOT ½ TURN, STEP, FULL TURN, STEP, ¼ TURN, CROSS, SIDE, CROSS, SWEEP

&1      Pivot ½ turn right, step forward on left  
2&3      Step forward on right, pivot ½ turn left, step forward on right  
4-5      Step forward on left, on ball of left full turn right, step forward on right (alternative: 2 walks forward)  
6&      Step forward on left, pivot ¼ turn right  
7&      Cross step left over right, step right to right side  
8&      Cross step left over right, sweep right out to front

## CROSS, ROCK, SWEEP, BEHIND, SIDE, CROSS, SIDE ROCK, ½ TURN RIGHT, SIDE, BACK ROCK, SIDE

1&2      Cross rock right over left, recover onto left, sweep right out to behind left  
3&4      Cross step right behind left, step left to left side, cross step right over left  
5&6      Rock left to left side, recover onto right making ½ turn right, large step left to left side  
7&8      Rock back on right diagonally behind left, recover onto left, large step right to right side

## CROSS ROCK QUARTER TURN LEFT, STEP, PIVOT ½ TURN, STEP, STEP-LOCK-STEP, SKATE RIGHT, SKATE LEFT

1&2      Cross rock left over right, recover onto right, step left ¼ turn left  
3&4      Step forward on right, pivot ½ turn left, step forward on right  
5&6      Step forward left on diagonal, lock step right behind left, step forward on left on diagonal  
7-8      Skate right to right side, skate left to left side

## REPEAT

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