

# Insanity

拍數: 32      牆數: 4      級數: Improver  
編舞者: Sebastiaan Holtland (NL) - January 2008  
音樂: Insanity - Darin : (Album: Break The News)



**Intro: 32 counts when the beat starts, start dance facing 12 o clock**

## **PENGUIN STEPS IN PLACE, PENGUIN STEPS WITH 1/4 TURN L, SIDE CHASSE, BACK ROCK / RECOVER**

- 1-2            Stepping Rf across behind Lf in place, stepping Lf across behind Rf in place (moving your body like a penguin) (12:00)  
3-4            Turn 1/4 right stepping Lf across behind Lf in place, stepping Lf across behind Rf in place take weight onto Lf (moving your body like a penguin) (3:00)  
5&6          Step Rf to the right side, step Lf close to Rf, step Rf to the right side weight onto Rf  
7-8            Rocking Lf back, recover on Rf weight onto Rf (3:00)

## **SIDE CHASSE WITH 1/2 TURN R, BACK ROCK / RECOVER, KICK BALL STEP FWD, PIVOT 1/4 TURN L**

- 1&2            Turn 1/2 right stepping Rf to the right side, step Lf close to Rf, stepping Rf to the Right side weight onto Rf (9:00)  
3-4            Rocking Rf back, recover on Lf weight onto Lf  
5&6          Kicking forward on Rf, stepping Rf back in place, stepping forward on Lf weight onto Lf  
7-8            Step forward on Rf, pivot 1/4 turn left take weight onto Lf (6:00)

**RESTART: From here at the 10th wall you get a restart in the music after count 9 t/m 14, than you start again with section 1**

## **& JUMP BOTH FEET APART, HOLD, 1/4 TURN & POINT, STEP FWD, HITCH, STEP CROSS, UNWIND 1/2 L, TOGETHER**

- &1-2            Step Rf next to Lf, jump with both feet apart, Hold weight onto both feet (6:00)  
&3-4            Turning 1/4 left on Rf, point Lf out to the left side, stepping forward on Lf weight onto Lf (9:00)  
&5-6          & hitch your R knee diagonal forward, cross step Rf over Lf, Take weight onto both feet  
7&8            Unwind 1/2 left, stepping Lf next Rf take weight onto Lf (3:00)

## **KICK & ROCK / RECOVER, 1/4 TURN L, & KICK BALL TOUCH, JUMP OUT, HOLD, 1/4 TURN, STEP TOGETHER**

- 1&2&          Kicking forward on Rf, step Rf back in place, rocking Lf to the side, recover on Rf (3:00)  
3&4            Turning 1/4 left on Rf & kicking Lf forward, stepping Lf back in place, Touching Rf next to Lf take weight onto Lf (12:00)  
&5-6          Jumping on Rf to the right side & kicking Lf to the left side, Hold weaving both hand  
7-8            Turning 1/4 L on Rf stepping forward on Lf, step Rf next to Lf take weight onto Lf (9:00)

**REPEAT AND HAVE FUN**