

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