

Going Insane

COPPER KNOB
STEPPERS

拍數: 84 牆數: 4 級數: Intermediate
編舞者: Lesley Clark (SCO) - January 2010
音樂: Gotta Get a Little Crazy - The Bellamy Brothers : (CD: Dancin')



Intro: Start on the word MAN

Restart: On wall 2 restart the dance from count 60 Step ¼ turn left.

Tag: On wall 3 repeat the last 16 counts and start the dance again

Section 1

SIDE, BEHIND, SIDE, KICK, SIDE, INFRONT, SIDE, KICK

- 1-2 Step right to right side, step left behind right
- 3-4 Step right to right side, kick ;left to the left diagonal
- 5-6 Step left to left side, step right across left
- 7-8 Step left to left side, kick right to right diagonal

Section 2

BEHIND, SIDE, CROSS, HOLD, ROCK, 1/4 TURN, STEP, HOLD

- 1-2 Step right behind left, step left to left side
- 3-4 Cross step right over left, Hold
- 5-6 Rock out on left, recover on right turning ¼ turn right
- 7-8 Step forward on left, Hold

Section 3

RHUMBA BOX BACK

- 1-2 Step right to right side, step left next to right
- 3-4 Step back on right, touch left next to right
- 5-6 Step left to left side, step right next to left
- 7-8 Step forward on left, touch right next to left

Section 4

RIGHT LOCK FORWARD, HOLD, STEP ¼ CROSS, HOLD

- 1-2 Step forward on right, lock left behind right
- 3-4 Step forward on right, Hold
- 5-6 Step forward on left, ¼ turn right (weight on right)
- 7-8 Cross step left over right, Hold

Section 5

VINE RIGHT, SIDE, TOGETHER, SIDE, HOLD

- 1-2 Step right to right side, step left behind right
- 3-4 Step right to right side, touch left next to right
- 5-6 Step left to left side, step right next to left
- 7-8 Step left to left side, Hold

Section 6

VINE RIGHT, SIDE, TOGETHER, SIDE, HOLD

- 1-2 Step right to right side, step left behind right
- 3-4 Step right to right side, touch left next to right
- 5-6 Step left to left side, step right next to left
- 7-8 Step left to left side, Hold

Section 7

TOE STRUTS RIGHT & LEFT, KICK BALL CHANGE, TOE STRUT

- 1-2 Touch right toe forward, drop heel
- 3-4 Touch left toe forward, drop heel
- 5&6 Kick forward on right, step ball of right in place beside left, change weight to left
- 7-8 Touch right toe forward, drop hell

Section 8

TOE STRUTS LEFT & RIGHT, KICK BALL CHANGE, TOE STRUT

- 1-2 Touch left toe forward, drop heel
- 3-4 Touch right toe forward , drop heel
- 5&6 Kick forward on left, step ball of left in place beside right, change weight to right
- 7-8 Touch left toe forward, drop heel

Section 9

STEP ½ TURN, STEP ¼ TURN, CROSS STRUT, BACK STRUT

- 1-2 Step forward on right, ½ turn left (weight on left)
- 3-4 Step forward on right, ¼ turn left (weight on left)
- 5-6 Cross right toe over left, drop heel
- 7-8 Touch left toe back, drop heel

Section 10

SIDE STRUT, FORWARD STRUT, ELVIS KNEE RIGHT, HOLD, ELVIS KNEE LEFT, HOLD

- 1-2 Touch right toe to right side, drop heel
- 3-4 Touch left toe forward, drop heel
- 5-6 Bend right knee across left, Hold
- 7-8 Bend left knee across right, Hold

Section 11

KNEE POPS RIGHT, LEFT, RIGHT, LEFT

- 1 Bend right knee across left
- 2 Bend left knee across right
- 3 Bend right knee across left
- 4 Bend left knee across right

Start Again.....Happy Dancing.....
