

# 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.....**

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