

Insane!

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Kim-Fundanner (MY) - November 2008
音乐: Disturbia - Rihanna



Intro: 32 Counts... (No Tags, No Restarts)

SIDE, TOGETHER, SIDE, TOGETHER, TOUCH, KICK, SYNCOPATED WEAVE

1-4 Step Rf side, step Lf together, step Rf side, step Lf together
5-6 Touch Rf next to Lf (toes turned in), kick Rf diagonally right forward
7&8 Step Rf behind Lf, step Lf side, step cross Rf over Lf

LEFT SIDE ROCK RECOVER, CROSS ROCK RECOVER, SHUFFLE FORWARD, STEP PIVOT TURN 1/2 LEFT

1-2 Rock Lf to side, recover onto Rf
&3-4 Step Lf together, cross Rf over Lf, touch Lf to side
(Option for counts &3-4: drop the '&' count. Cross/touch Lf over Rf, touch Lf to side)
5&6 Shuffle forward Lf-Rf-Lf
7-8 Step Rf forward, pivot ½ left (weight to Lf) (6:00)

RIGHT TOE STRUT, LEFT TOE STRUT, HIP BUMPS TWICE

1-4 Touch right Toes forward, lower right Heel, touch left Toes forward, lower left Heel
5&6 Step Rf forward and bump hip right, left, right
7&8 Step Lf forward and bump hip left, right, left

STEP PIVOT TURN 1/4 LEFT, CROSS ROCK RECOVER SWEEP, SYNCOPATED WEAVE, LEFT MAMBO

1-2 Step Rf forward, pivot ¼ left (weight to left) (3:00)
3&4 Cross/rock Rf over Lf, recover onto Lf, sweep Rf from front to back
5&6 Step Rf behind Lf, step Lf to side, cross Rf over Lf
7&8 Rock Lf to side, recover onto Rf, step Lf next to Rf.

REPEAT

Have fun, enjoy!

Updated: Jan 3. 2015

Choreographer contact: Email: kimfundanner@gmail.com