

# Insecure

**COPPER** KNOB  
STEPPERS

拍数: 48      墙数: 2      级数: Intermediate  
编舞者: Carlton Thompson (USA) - January 2018  
音乐: Insecure - RaeLynn



## Section 1:

1&2      Step R ft. to right side, Bring L ft. next to right, Step R ft. to right side.  
3&4      Step L ft. back, Bring R ft. next to left, Step L ft. back.  
5&6      Step R ft. forward, Bring L ft. next to right, Step R ft. forward.  
7&8      Step L ft. to left side, Bring R ft. next to left, Step L ft. to left side.

## Section 2:

1-2&      Rock R ft. forward (with body roll), Recover back on L ft., Bring R ft. next to left.  
3-4&      Rock L ft. forward (with body roll), Recover back on R ft., Bring L ft next to right.  
5&6&      Tap R heel forward, Bring R ft. next to left, Tap L toe back, Make ¼ turn left by stepping L ft. next to right. (9:00)  
7&8&      Tap R toe back, Bring R ft. next to left, Make ¼ turn left by tapping L heel forward, Bring L ft. next to right. (6:00)

## Section 3:

1&2      Step R ft. forward, Step L ft. next to right, Step R ft. forward.  
3&4      Make ¼ turn right by leading with L ft., Bring R ft. next to left, Step L ft. to left side. (9:00)  
5&6      Make ½ turn right by leading with R ft., Bring L ft. next to right, Step R ft. forward. (3:00)  
7&8      Make ¼ turn right by stepping back with L ft., Bring R ft. next to left, Step L ft. to back. (6:00)

## Section 4:

1-2&      Rock R ft. forward (with body roll), Recover back on L ft., Bring R ft. next to left.  
3-4&      Rock L ft. forward (with body roll), Recover back on R ft., Bring L ft next to right.  
5&6&      Tap R heel forward, Bring R ft. next to left, Tap L toe back, Make ¼ turn left by stepping L ft. next to right. (9:00)  
7&8&      Tap R toe back, Bring R ft. next to left, Make ¼ turn left by tapping L heel forward, Bring L ft. next to right. (6:00)

## Section 5:

1-2&      Step R ft. diagonally forward, Bring L ft. behind right, Step R ft. diagonally forward.  
3-4&      Step L ft. diagonally forward, Bring R ft. being left, Step L ft. diagonally forward.  
5-6&      Tap R toe forward, Tap R toe next to left, Swing R ft. up and tap R heel with right hand.  
7&8      Tap R toe forward, Swivel both heels outwards (be on ball of both feet), Swivel both heels inwards.

## Section 6:

1-2      Step R ft. diagonally forward to right side, Step L ft. to left side.  
3&4      Make ¼ turn right leading with R ft., Bring L ft. next to right, Make ¼ turn right leading with R ft. (12:00)  
5-6      Make ½ turn right leading with L ft. forward, Make ½ turn right leading with R ft.  
7-8&      Make ½ turn right leading with L ft. forward, Make ½ turn right leading with R ft., Step L ft. next to right foot.

## Restart Notes:

Restart on Wall 3 after completing Sections 1 and 2 (16 Counts).

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YouTube: Search Under "Carlton Thompson"

Insecure Demo Video is also on Carlton Thompson's Page: [www.facebook.com/cthompsonchoreo](http://www.facebook.com/cthompsonchoreo)

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