

Insane, Easy

COPPER KNOB
STEPPSHEETS

拍数: 16 墙数: 4 级数: Beginner
编舞者: Runa (DK) - February 2024
音乐: Insane - Black Gryph0n & Baasik : (Album: Insane - single)



Intro: 16 count

NOTE: At the end of wall 8 the musik slows down. Finish the wall following the musik and hold (about 2 counts).

Start the dance from the beginning, when the singing starts again (facing 12:00)

S1. (Point fwd, sweep and point back, sweep fwd into shuffle) x 2 (R+L)

- 1-2 Point R fwd, sweep R from front to back and point back
- 3&4 Sweep R from back to front and step fwd, step L beside R, step fwd on R
- 5-6 Point L fwd, sweep L from front to back and point back
- 7&8 Sweep L from back to front and step fwd, step R beside L, step fwd on L

S2. Fwd mambo ¼ turn R, cross-shuffle, side, together (&), syncopated lock-steps

- 1&2 Rock fwd on R, recover on L, step back on R ¼ turn R (3:00)
- 3&4 Cross L over R, step R to R side, Cross L over R
- 5& Step R to R side, step L beside R
- 6& Step fwd on R, lock L behing R
- 7& Step fwd on R, step fwd on L
- 8& Lock R behind L, step fwd on L

ENDING: During wall 15 (starts facing 6:00) the musik slows down again.

Finish the wall following the music and just make a step back ¼ turn R to end the dance facing 12:00