

Insane

COPPER **NOB**
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Mikael Mölsä (FIN) - 1 January 2024
音樂: Insane - Black Gryph0n & Baasik : (Album: Insane - single)



Starting point: After the intro speech, at about 0:11.

20's CHARLESTON, BASIC CHARLESTON MODIFIED

- 1&2& Step right forward, recover weight to left, step right back, sweep left back from front to back and step weight to left
- 3-4 Ronde right from front to back for 2 counts (weight remains on left)
- 5&6& Step right forward, recover weight to left, step right back, sweep left back from front to back and step weight to left
- 7-8 Ronde right from front to back for 2 counts (weight remains on left)

MAMBO STEP, COASTER STEP, SYNCOPATED WIZARD OF OZ'S, STEPS FORWARD

- 1&2 Step right forward, recover weight back to left, step right back
- 3&4 Step left back, step right next to left, step left forward
- 5&6& Step right forward, lock left behind right, step right forward, step left forward
- 7&8& Lock right behind left, step left forward, step right forward, step left forward

RUNNING MAN, STUB OUT (TWIST), RUNNING MAN, STUB OUT (TWIST)

- 1&2& Kick right forward, step right next to left and lift left knee, kick right forward, step left next to right and lift right knee
- 3&4& Touch right heel forward, twist right toe to right and left heel to left, return both back to center, step weight to right and lift left knee
- 5&6& Kick left forward, step left next to right and lift right knee, kick right forward, step right next to left and lift left knee
- 7&8 Touch left heel forward, twist left toe to left and right heel to right, return both back to center, step weight to left

MAMBO STEP, COASTER STEP, ¼ LEFT TURNING "V-STEP" aka 1/4 LEFT TURNING APPLEJACKS

- 1&2 Step right forward, recover weight back to left, step right back
- 3&4& Step left back, step right next to left, step left to forward, step right to right side (feet are now shoulder-wide apart, weight on both feet)
- 5&6& Twist left toe and right heel to left, return both of them to center, twist right toe and left heel to left, return both of them to center
- 7&8& Twist left toe and right heel to left, return both of them to center, twist right toe and left heel to left, return both of them to center (weight ends up on left)

Note: During counts 5-8 you turn 1/4 to left to start the dance towards a new wall.

REPEAT

Last Update: 10 Jan 2024