

# Going Insane

LINEDANCE.COM

**Count:** 84

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Lesley Clark (Scotland Jan 2010)

**Music:** Gotta Get A Little Crazy by 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.....**