

INSANITY

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Count: 32

Wall: 4

Level: Beginner / Intermediate

Choreographer: Sebastiaan Holtland (Jan 08)

Music: Insanity by Darin (Album Break The News)

Intro: 32 counts when the beat starts, start dance facing 12 o clock

PENGUIN STEPS IN PLACE, PENGUIN STEPS WITH 1/4 TURN L, SIDE CHASSE, BACK ROCK / RECOVER

- 1-2** Stepping Rf across behind Lf in place, stepping Lf across behind Rf in place (moving your body like a penguin) (12:00)
- 3-4** Turn 1/4 right stepping Lf across behind Lf in place, stepping Lf across behind Rf in place take weight onto Lf (moving your body like a penguin) (3:00)
- 5&6** Step Rf to the right side, step Lf close to Rf, step Rf to the right side weight onto Rf
- 7-8** Rocking Lf back, recover on Rf weight onto Rf (3:00)

SIDE CHASSE WITH 1/2 TURN R, BACK ROCK / RECOVER, KICK BALL STEP FWD, PIVOT 1/4 TURN L

- 1&2** Turn 1/2 right stepping Rf to the right side, step Lf close to Rf, stepping Rf to the Right side weight onto Rf (9:00)
- 3-4** Rocking Rf back, recover on Lf weight onto Lf
- 5&6** Kicking forward on Rf, stepping Rf back in place, stepping forward on Lf weight onto Lf
- 7-8** Step forward on Rf, pivot 1/4 turn left take weight onto Lf (6:00)

RESTART: From here at the 10th wall you get a restart in the music after count 9 t/m 14, than you start again with section 1

& JUMP BOTH FEET APART, HOLD, 1/4 TURN & POINT, STEP FWD, HITCH, STEP CROSS, UNWIND 1/2 L, TOGETHER

- &1-2** Step Rf next to Lf, jump with both feet apart, Hold weight onto both feet (6:00)
- &3-4** Turning 1/4 left on Rf, point Lf out to the left side, stepping forward on Lf weight onto Lf (9:00)
- &5-6 & hitch your R knee diagonal forward, cross step Rf over Lf, Take weight onto both feet**
- 7&8** Unwind 1/2 left, stepping Lf next Rf take weight onto Lf (3:00)

KICK & ROCK / RECOVER, 1/4 TURN L, & KICK BALL TOUCH, JUMP OUT, HOLD, 1/4 TURN, STEP TOGETHER

- 1&2&** Kicking forward on Rf, step Rf back in place, rocking Lf to the side, recover on Rf (3:00)
- 3&4** Turning 1/4 left on Rf & kicking Lf forward, stepping Lf back in place, Touching Rf next to Lf take weight onto Lf (12:00)
- &5-6** Jumping on Rf to the right side & kicking Lf to the left side, Hold weaving both hand
- 7-8** Turning 1/4 L on Rf stepping forward on Lf, step Rf next to Lf take weight onto Lf (9:00)

REPEAT AND HAVE FUN