

## Going Insane

84 Count, 4 Wall, Intermediate

Choreographer: Lesley Clark (Scotland) Jan 2010

Choreographed to: Gotta Get A Little Crazy by

The Bellamy Brothers, CD: Dancin'

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Intro: Start on the word 'MAN'

**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

**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

**3. RUMBA 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

**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

**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

**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

**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 heel

**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

**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

**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

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**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

**Restart:** On wall 2 restart the dance from count 60 Step  $\frac{1}{4}$  turn left.

**Tag:** On wall 3 repeat the last 16 counts and start the dance again