

Insania

50 count, 4 wall, intermediate level

Choreographer: Kate Sala (UK) & Oli Geir (Iceland)

Choreographed to: Loca by Malena Gracia from

Caribe 2003 CD2 (132 bpm)

Start On Vocals.

Side Rock Steps With Hip Sway, Sailor Step, Scuff, Side Step.

1 2 3 4 Rock right out to right side swaying hips right. Rock left in place swaying hips left.

Repeat counts 1 2.

5 & 6 Cross step right behind left. Step left to left side. Step right in place

7 8 Scuff left beside right. Step left out to left side.

Knee Twists with ¼ Turn & Kick. Back Rock Step, Shuffle.

1 2 Twist right knee in towards left. Turn right knee out to right side.

3 & 4 Twist right knee in towards left. Turn right knee out with ¼ turn right and right kick forward.

5 6 Rock back on to right. Rock forward on to left.

7 & 8 Shuffle forward on right, left, right.

Jazz Box ¼ Turn Left With Cross Step, Turn ¼ Right, Together, Shuffle.

1 2 3 4 Cross step left over right. Step back on right. Turn ¼ left stepping left to left side.

Cross step right over left.

5 6 Turn ¼ right stepping back on left. Step right next to left.

7 & 8 Shuffle forward on left, right, left.

Rock Step, Shuffle ½ Turn, Pivot ½ Turn, Turn ¼ right in to a right chasse.

1 2 Rock forward on right. Rock back on left.

3 & 4 Shuffle ½ turn right on right, left, right.

5 6 Step forward on left. Pivot ½ turn right. (keeping weight back on left foot).

& 7 & 8 Turn ¼ right stepping right to right side. Step left next to right. Step right to right side.

Cross Body Rock x 2, Chasse Left, Coaster Step.

1 2 3 4 Cross rock left over right. Recover on to right. Repeat counts 1 2. (swaying hips forward & back).

5 & 6 Step left to left side. Step right next to left. Step left to left side.

7 & 8 Step back on right. Step left next to right. Step forward on right.

Pivot ½ Turn Right, Shuffle, Heel Switch 3 Times With ¼ Turn Right, Ball Cross.

1 2 Step forward on left. Pivot ½ turn right.

3 & 4 Shuffle forward on left, right, left

5 & 6 & 7 Heel switch right, left, right, turning a ¼ turn right.

& 8 Step ball of right in place. Cross step left over right.

Side Step Right, Together.

1 2 Step right to the right side. Step left next to right.