

Insatiable

64 count, 4 wall, intermediate level
Choreographer: Shaz Walton (UK) 2002
Choreographed to: Insatiable by Darren Hayes

STEP FORWARD, HOLD, ROCK RECOVER, STEP BACK, HOLD, ROCK RECOVER

- 1-2 Step forward right, hold
 - 3-4 Rock forward left, rock back on right
 - 5-6 Step back on left foot. Hold.
 - 7-8 Rock back on left, Forward on right
- Make full use of your hips when doing rocks/mambos

STEP ¼, HOLD, SWEEP ½ TURN LEFT, CROSS, SIDE, SWAY RIGHT, LEFT

- 1-2 Step right ¼ turn left, hold
- 3-4 Sweep left foot ½ turn left stepping back on left, cross right over left
- 5-6 Step left to left side, hold
- 7-8 Sway hips left right left

STEP RIGHT ¼ RIGHT, HOLD, STEP ½ TURN STEP, HOLD, FULL TURN LEFT

- 1-2 Step right ¼ right, hold
 - 3-4 Step forward left, pivot ½ turn right
 - 5-6 Step forward left, hold
 - 7-8 Make a full turn left, stepping right left
- If you don't want to turn, step forward slightly right, left

TOE KICK CROSS, TOE KICK CROSS, ROCK RECOVER

- 1-2-3 Touch right toe to left instep, low kick diagonally right, cross right over left
 - 4-5-6 Touch left toe to right instep, low kick diagonally left, cross left over right
- Keep 1-6 smooth, with knees slightly bent
- 7-8 Cross rock right over left, recover on left

STEP ½ TURN RIGHT, HOLD, FULL TURN FORWARD, HOLD, ROCK RECOVER

- 1-2 Make ½ turn right stepping right forward, hold
 - 3-6 Make a full turn forward stepping left, right, step left to left side, hold
 - 7-8 Rock back on right, recover on left
- To cut out the full turn, step left right left on the spot

STEP ¼ DRAG, ROCK RECOVER, STEP, ½ SWEEP LEFT, ROCK FORWARD RECOVER

- 1-2 Step back right ¼ turn left, start to drag left to right
- 3-4 Rock back on left, recover on right
- 5-6 Step forward left, sweep right ½ turn
- 7-8 Rock forward on right, recover on left

STEP ½ TURN RIGHT, HOLD, FULL TURN FORWARD, HOLD, ROCK RECOVER

- 1-2 Make ½ turn right stepping right forward
 - 3-6 Make a full turn forward stepping left, right, step left to left side, hold
 - 7-8 Rock back on right, recover on left
- To cut out the full turn, step left right left on the spot

STEP, HOLD, SWAY LEFT RIGHT LEFT, HOLD, CROSS UNWIND STEP

- 1-2 Step right to right side, hold
 - 3-6 Sway hips left, right, left, hold
 - 7-8 Cross right over left, unwind ½ turn left, stepping slightly forward on left
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