

INSEME

64 counts • 2 walls • Novice

Koreograf: Mela Claude

Musik: Mama Tried by George Canyon



SEC 1 LOCKSTEP, SCUFF, LOCKSTEP, STOMP

1-2 Step fwd R, Lock L behind R
3-4 Step fwd R, Scuff L beside R
5-6 Step fwd L, Lock R behind L
7-8 Step fwd L, Stomp R beside L

SEC 2 SWIVEL TOE, HEEL, TOE, STOMP, SWIVEL TOE, HEEL, TOE, STOMP

1-2 Swivel R toe R, Swivel R heel R
3-4 Swivel R toe R, Stomp L beside R
5-6 Swivel L toe L, Swivel L heel L
7-8 Swivel L toe L, Stomp R beside L

SEC 3 HEEL TOUCHES, ¼ TURN, HEELS, HOOK

1-2 Touch L heel fwd, Step L beside R
3-4 Touch R heel fwd, Touch R beside L
5-6 ¼ turn R, touch R heel fwd, Point R toe behind
7-8 Touch R heel fwd, Hook R over L knee

SEC 4 VINE TURN ¼, SCUFF, JAZZBOX JUMPING

1-2 Step R to R, Cross R behind L
3-4 Turn ¼ R, Scuff L beside L
5-6 Cross L over R, Step back R kicking L fwd
7-8 Recover L, Stomp up R beside L
RESTART 4TH WALL

SEC 5 KICK, BRUSH, FLICK, STOMP x 2

1-2 Kick R fwd, Brush R back
3-4 Flick R back, Stomp R
5-6 Kick L fwd, Brush L back
7-8 Flick L back, Stomp L

SEC 6 SWIWET x 2, RIGHT KICK x 2, STEP, HOLD

1-2 Swiwet to R, Recover
3-4 Swiwet to L, Recover
5-6 Kick R fwd twice
7-8 Step R behind R, Hold

SEC 7 COASTERSTEP, HOLD, ½ PIVOT, SCOOT

1-2 Step back L, Step R beside L
3-4 Step fwd L, Hold
5-6 Step fwd R, Pivot ½
7-8 (jump) Scoot fwd on Left, Step R fwd

SEC 8 SWIVEL, KICK, TOEPOINT, ½ TURN, HOLD

1-2 Swivel heels R, Back to center
3-4 Swivel heels R, Back to center
5-6 Kick L, Point L behind R
7-8 ½ turn L, Hold