











Insecure

48 Count, 1 Wall, Intermediate (Partner)
Choreographer: Guy Dubé & Manon Poitras (CA) Mar 2018
Choreographed to: Insecure by RaeLynn

Intro: 16 counts, side by side "Sweetheart" position face LOD.

Note: Same footwork except where noted.

1-8
2X (CROSS SAMBA) WALK, WALK, SHUFFLE FORWARD
1&2
Cross R over L, step L to side with weight, recover on R
3&4
Cross L over R, step R to side with weight, recover on L

5-6 Walk forward R,L 7&8 Shuffle forward R,L,R

9-16 2X SYNCOPATED ROCK STEP FORWARD), COASTER STEP, SHUFFLE FORWARD

1-2 Step L forward with weight, recover on R

& Step L together R

3-4 Step R forward with weight, recover on L5&6 Step R back, step L together R, step R forward

7&8 Shuffle forward L,R,L

Restart: Once only, at the 3rd repetition, after the first 16 count, start again from the beginning.

17-24 MAN: STEP FWD, CROSS STEP BEHIND, TRIPLE STEP, STEP SIDE, TOGETHER,

SHUFFLE FORWARD

LADY: STEP BACK, STEP SIDE, WEAVE to L, STEP FWD, 1/2 TURN L and STEP BACK,

SHUFFLE 1/2 TURN L

(On count 1, raise R hands and leave your L hands, the lady goes behind, under the arm of the man).

(On count 2, the lady takes the L hand of the man who is behind on his left).

1-2 M: Step R forward, cross step L behind R

L: StepR back, step L to side

(On counts 3&4, leave your R hands).

3&4 M: Triple step R,L,R on place

L: Cross step R behind L, step L to side, cross step R over L

(On counts 5-6, raise L hands over the lady's head).

5-6 M: Step L to side, step R together L

L: Step L forward, 1/2 turn to left and step R back diagonaly to left ILOD

(On counts7&8, the man directs the woman to his right and takes R hands again to finish in

Sweetheart position).

7&8 M: Shuffle forward L,R,L

L: Shuffle L,R,L in 1/2 turn to left (lightly in diagonal to right) LOD

25-32 MAN: TRIPLE STEP to R, ROCK BACK, SHUFFLE in 1/2 TURN R, SHUFFLE BACK

LADY: TRIPLE STEP to R, ROCK BACK, TRIPLE STEP on PLACE, COASTER STEP

1&2 Triple step R,L,R to right

3-4 Cross step L behind R with weight, recover on R

(On counts 5&6, raise R hands for finish face à face both hands crossed in Double Hand Cross position).

(Hands R crossed on top).

5&6 M: Shuffle L,R,L in 1/2 turn right RLOD

L: Triple step L,R,L on place

7&8 M: Shuffle back R,L,R

L: Step R back, step L together R, step R forward

33-40 MAN: 2X (WALK BACK), SHUFFLE in 1/2 TURN L, 2X (WALK FWD), SHUFFLE FWD

LADY: 2X (WALK FWD), SHUFFLE FWD, 1/2 TURN L and STEP BACK, 1/2 TURN L and

STEP FWD, SHUFFLE FWD

1-2 M: Walk back L,R

L: Walk forward L,R

(On counts 3&4, raise R hands for finish side by side in Sweetheart position).

3&4 M: Shuffle L,R,L in 1/2 turn to left LOD

L: Shuffle forward L,R,L

(On counts 5-6, leave L hands and raise R hands for finish side by side in Sweetheart position)

5-6 M: Walk forward R,L

L: 1/2 turn to left and step R back, 1/2 turn to left and step L forward LOD

7&8 Shuffle forward R,L,R

41-48 STEP, PIVOT 1/4 TURN R, CROSS SHUFFLE to R, SIDE-CROSS, SIDE, SAILOR STEP in 1/4 TURN L

1-2 Step L forward, pivot 1/4 turn to right OLOD

3&4&5 Shuffle cross L,R,L to right, step R to side, cross step L over R

6 Step R to side

7&8 Cross step L behind R, 1/4 turn to left and step R on place, step R on place LOD

REPEAT AND HAVE FUN!

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