



# INSEME

Choreograph: Claude Mela

64 count, 2 wall, 1 restart – Beginner

Music: "Mama tried" – George Canyon

<b>Sect: 1</b>	<b>Step-lock-step, scuff, step-lock-step, stomp</b>
1-2	Step fwd right, lock left behind
3-4	Step fwd right, scuff left
5-6	Step fwd left, lock right behind
7-8	Step fwd left, stomp right beside left
<b>Sect: 2</b>	<b>Swivel right, stomp, swivel left, stomp</b>
1-2	Swivel right toe-heel to right
3-4	Swivel right toe to right, stomp left beside
5-6	Swivel left toe-heel to left
7-8	Swivel left toe to left, stomp right beside
<b>Sect: 3</b>	<b>Heel touch L, heel, toe point back, ¼ turn heel, toe touch back, heel, hook</b>
1-2	Left heel touch fwd, step left beside right
3-4	Right heel touch fwd, point right toe back
5-6	¼ turn right heel touch fwd, right toe point back
7-8	Right heel touch fwd, hook right I front of left
<b>Sect: 4</b>	<b>Wine ¼ turn, scuff , jumping jazz box, stomp up</b>
1-2	Step right to right, cross left behind
3-4	¼ turn right step fwd right, scuff left beside
5-6	(jump) cross left over right, step back right
7-8	(jump) step left to left, stomp up right beside left
<b>Sect: 5</b>	<b>Kick, stomp, flick, stomp R &amp; L</b>
1-2	Kick right fwd, stomp right beside left
3-4	Flick right back, stomp right beside left
5-6	Kick left fwd, stomp left beside right
7-8	Flick left back, stomp left beside right
<b>Sect: 6</b>	<b>Swivet R &amp; L, kick twice , step back, hold</b>
1-2	Swivet both to right, back in place
3-4	Swivet both to left, back in place
5-6	Kick right fwd twice
7-8	Step back right, hold
<b>Sect:7</b>	<b>Coaster step, hold, step ½ turn, scoot, stomp fwd</b>
1-2	Step back left, step right beside left
3-4	Step fwd left, hold
5-6	Step fwd right, ½ turn left
7-8	Scoot fwd left hitch right, stomp fwd right
<b>Sect: 8</b>	<b>Swivel , kick L, touch left back, ½ turn left, hold</b>
1-2	Swivel both heels to right, back to center
3-4	Swivel both heels to right, back to center
5-6	Kick left fwd, point left back
7-8	½ turn left, hold
<b>Restart:</b>	Wall 4 after 32 count