

VIRTUAL INSANITY

LINEDANCE.COM

Count: 32

Wall: 2

Level: intermediate/advanced

Choreographer: John H. Robinson

Music: Virtual Insanity by Jamiroquai

Contact John to purchase any of this music. "Virtual Insanity is on the "Traveling Without Moving" CD. But this dance works better to the version on "All-Star Dance Hits 97". Start the dance 14 counts after the piano begins.

WALK RIGHT, LEFT, RIGHT STEP TURNING $\frac{1}{4}$ LEFT & LEFT CROSS BEHIND, RIGHT SIDE ROCK & CROSS OVER LEFT, LEFT SIDE STEP, RIGHT CROSS BEHIND & LEFT STEP $\frac{1}{4}$ TURN LEFT, RIGHT STEP FORWARD

1-2 Step right forward, step left forward

3&4& Pivoting off left foot, right step into $\frac{1}{4}$ turn left, left cross behind right, right rock side right, recover weight to left foot

5-6 Right step across left, left step side left

7&8 Right cross behind left, left step into $\frac{1}{4}$ turn left, step right forward

LEFT BRUSH & RIGHT ROCK FORWARD & BACK & STEP FORWARD, LEFT ROCK, RECOVER, LEFT TRIPLE TURNING $\frac{3}{4}$ LEFT

1&2& Left brush forward ball of foot, left step next to right, right rock forward ball of foot, recover weight to left foot

3&4 Right rock back ball of foot, recover weight to left foot, step right forward

5-6 Left rock forward ball of foot, recover weight to right foot

On counts 7&8, you will make a $\frac{3}{4}$ turn left as you execute a left shuffle

7&8 Pivot $\frac{1}{2}$ left and step left foot forward, right step forward instep to left heel, left step $\frac{1}{4}$ turn left

RIGHT SYNCOPATED TOE TOUCH OUT-IN-OUT, RIGHT CROSSOVER TRIPLE, LEFT SYNCOPATED TOE TOUCH OUT-IN-OUT, LEFT CROSSOVER TRIPLE

1&2 Right toe touch side right, right touch next to left, right toe touch side right

3&4 Right step across left, left small step side left, right step across left

5&6 Left toe touch side left, left touch next to right, left toe touch side left

7&8 Left step across right, right small step side right, left step across right

STEP BACK-OUT-OUT, RIGHT KNEE ROLL WITH $\frac{1}{4}$ TURN RIGHT, $\frac{1}{2}$ PIVOT LEFT INTO LEFT TRIPLE FORWARD, RIGHT STEP FORWARD, full turn SPIRAL TURN LEFT WITH LEFT STEP FORWARD

1&2 Step right back, step left back and side left about shoulder-width apart from right, right step out side right on ball of foot, keeping weight on left

3-4 Roll right knee in toward left leg, roll right knee out making $\frac{1}{4}$ turn right, placing weight on right foot

5&6 Pivot $\frac{1}{2}$ left, stepping left foot forward, right step forward instep to left heel, step left forward

7-8 Step right forward, pivot full turn left stepping left foot slightly forward

REPEAT