

# Insecure

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**Count:** 48      **Wall:** 2      **Level:** Intermediate

**Choreographer:** Carlton Thompson - January 2018

**Music:** RaeLynn - Insecure

## Section 1:

**1&2:** Step R ft. to right side, Bring L ft. next to right, Step R ft. to right side.

**3&4:** Step L ft. back, Bring R ft. next to left, Step L ft. back.

**5&6:** Step R ft. forward, Bring L ft. next to right, Step R ft. forward.

**7&8:** Step L ft. to left side, Bring R ft. next to left, Step L ft. to left side.

## Section 2:

**1-2&:** Rock R ft. forward (with body roll), Recover back on L ft., Bring R ft. next to left.

**3-4&:** Rock L ft. forward (with body roll), Recover back on R ft., Bring L ft next to right.

**5&6&:** Tap R heel forward, Bring R ft. next to left, Tap L toe back, Make  $\frac{1}{4}$  turn left by stepping L ft. next to right. (9:00)

**7&8&:** Tap R toe back, Bring R ft. next to left, Make  $\frac{1}{4}$  turn left by tapping L heel forward, Bring L ft. next to right. (6:00)

## Section 3:

**1&2:** Step R ft. forward, Step L ft. next to right, Step R ft. forward.

**3&4:** Make  $\frac{1}{4}$  turn right by leading with L ft., Bring R ft. next to left, Step L ft. to left side. (9:00)

**5&6:** Make  $\frac{1}{2}$  turn right by leading with R ft., Bring L ft. next to right, Step R ft. forward. (3:00)

**7&8:** Make  $\frac{1}{4}$  turn right by stepping back with L ft., Bring R ft. next to left, Step L ft. to back. (6:00)

## Section 4:

**1-2&: Rock R ft. forward (with body roll), Recover back on L ft., Bring R ft. next to left.**

**3-4&: Rock L ft. forward (with body roll), Recover back on R ft., Bring L ft next to right.**

**5&6&: Tap R heel forward, Bring R ft. next to left, Tap L toe back, Make  $\frac{1}{4}$  turn left by stepping L ft. next to right. (9:00)**

**7&8&: Tap R toe back, Bring R ft. next to left, Make  $\frac{1}{4}$  turn left by tapping L heel forward, Bring L ft. next to right. (6:00)**

### **Section 5:**

**1-2&: Step R ft. diagonally forward, Bring L ft. behind right, Step R ft. diagonally forward.**

**3-4&: Step L ft. diagonally forward, Bring R ft. being left, Step L ft. diagonally forward.**

**5-6&: Tap R toe forward, Tap R toe next to left, Swing R ft. up and tap R heel with right hand.**

**7&8: Tap R toe forward, Swivel both heels outwards (be on ball of both feet), Swivel both heels inwards.**

### **Section 6:**

**1-2: Step R ft. diagonally forward to right side, Step L ft. to left side.**

**3&4: Make  $\frac{1}{4}$  turn right leading with R ft., Bring L ft. next to right, Make  $\frac{1}{4}$  turn right leading with R ft. (12:00)**

**5-6: Make  $\frac{1}{2}$  turn right leading with L ft. forward, Make  $\frac{1}{2}$  turn right leading with R ft.**

**7-8&: Make  $\frac{1}{2}$  turn right leading with L ft. forward, Make  $\frac{1}{2}$  turn right leading with R ft., Step L ft. next to right foot.**

### **Restart Notes:**

**Restart on Wall 3 after completing Sections 1 and 2 (16 Counts).**

**Facebook: [www.facebook.com/cthompsonchoreo](http://www.facebook.com/cthompsonchoreo)**

**YouTube: Search Under "Carlton Thompson"**

**Insecure Demo Video is also on Carlton Thompson's Page:**  
**[www.facebook.com/cthompsonchoreo](https://www.facebook.com/cthompsonchoreo)**

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