

# INSEME

Choreograph: Claude Mela

64 count, 2 wall, 1 restart – Beginner

Music: “Mama tried” – George Canyon



- Sect: 1**                    **Step-lock-step, scuff, step-lock-step, stomp**  
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
- Sect: 2**                    **Swivel right, stomp, swivel left, stomp**  
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
- Sect: 3**                    **Heel touch L, heel, toe point back, ¼ turn heel, toe touch back, ¼ turn heel, hook**  
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                    ¼ turn right heel touch fwd, hook right in front of left
- Sect: 4**                    **Step-lock-step, scuff , jumping jazz box, stomp up**  
1-2                    Step fwd right, lock left behind right  
3-4                    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
- Sect: 5**                    **Kick, stomp, flick, stomp R & L**  
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
- Sect: 6**                    **Swivet R & L, kick twice , step back, hold**  
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
- Sect:7**                    **Coaster step, hold, step ½ turn, scoot, stomp fwd**  
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
- Sect: 8**                    **Swivel , kick L, touch left back, ½ turn left, hold**  
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
- Restart:**                    Wall 4 after 32 count