Certainly! The Insertion Sort algorithm can be described in words as follows:

1. Start with the second element in the array (index 1), considering it as the "key" to be inserted into the sorted section.
2. Compare the key with the elements before it in the sorted section.
3. If the key is smaller than the compared element, shift the compared element to the right.
4. Repeat step 3 until finding the correct position for the key or reaching the beginning of the sorted section.
5. Insert the key into its correct position in the sorted section.
6. Move to the next unsorted element (increment the index) and repeat steps 2-5 until the entire array is sorted.