

Insomnia

Choreographed by Shaz Walton

Description: 64 count, 2 wall, intermediate line dance

Music: Insomnia by Craig David

Count in 32 just before lyrics

CROSS ROCK, RECOVER, SIDE, TOGETHER, DIAGONAL STEPS - OUT, OUT, IN, IN

- 1-2 Cross rock right over left, recover on left
- 3-4 Step right to side, step left beside right
- 5-6 Step right to right diagonal, step left to side diagonal
- 7-8 Step right back, step left beside right

SIDE SHUFFLE, ¼ LEFT, FORWARD, CROSS, ¼ LEFT, SIDE, FORWARD

- 1&2 Step right to right, step left beside right, step right to right

Bump hip to right on last count of shuffle

- 3-4 Step left forward a ¼ left, step right forward
- 5-6 Cross left over right, step back right ¼ left (6:00)
- 7-8 Step left to side, step right forward

¼ CROSS SHUFFLE, STEP SIDE, TOUCH, ¼ TOUCH, TOUCH, STEP, STEP FORWARD

- 1&2 Make ¼ left as you cross left over right, step right to right, cross left over right
- 3-4 Step right to side, touch left beside right
- 5-6 Make ¼ left as you touch left foot forward twice (12:00)
- 7-8 Step left forward, step right forward

¼ SHUFFLE LEFT, STEP ½ PIVOT LEFT, ¼ SIDE, TOUCH, BALL, CROSS, SIDE

- 1&2 Step left ¼ left, step right beside left, step left forward
- 3-4 Step forward right, ½ pivot turn left
- 5-6 &Step right to side making ¼ left, touch left beside right, step left beside right (12:00)
- 7-8 Cross right over left, step left to side

SAILOR STEP, SAILOR HOLD, BALL, SIDE, HOLD, BALL POINT

- 1&2 Cross right behind left, step left to side, step right to right
- 3&4 Cross left behind right, step right to right, step left to side
- 5&6 Hold, step right beside left, step left to side
- 7&8 Hold, step right beside left, point left to left

STEP, SWITCH, HITCH, BIG STEP, TOUCH, BACK, BACK, ½, ¼

- &1 Step left beside right, point right to right
- 2-3-4 Hitch right knee, take a big step forward with right, touch left behind right
- 5-6 Step back left, step back right
- 7-8 Turn ½ left and step left forward, turn ¼ left and step right to side (3:00)

¼, STEP FORWARD, TWIST, RETURN, COASTER ¼ CROSS, HOLD, BALL, CROSS

- 1-2 Step left forward ¼ left, step forward right
- 3-4 Twist on balls of feet making turn approx ½ left, return to original position
- 5&6 Step back right, step back left, make ¼ right crossing right over left
- 7&8 Hold, step left to side, cross right over left (3:00)

STEP, DRAG, KICK, BALL CROSS, BALL CROSS, ¼ BACK, SHUFFLE ½ TURN

- 1-2 Step left a big step to left, drag right in place
- 3&4 Kick right to right diagonal, step right beside left, cross left over right
- &5-6 Step right to right, cross left over right, step right back ¼ left
- 7&8 Shuffle turn ½ left stepping left-right-left, (6:00)

REPEAT