

# Insomnia

LINEDANCE.COM

**Count:** 32                      **Wall:** 4                      **Level:** Improver

**Choreographer:** Silvia Schill - March 2020

**Music:** Insomnia by Daya

## The dance begins on vocals

### Shuffle Back Turning $\frac{1}{2}$ R, Shuffle Forward Turning $\frac{1}{2}$ R, Rock Back, $\frac{1}{2}$ Turn L, $\frac{1}{4}$ Turn L

**1&2 $\frac{1}{4}$**  Turn right around and step with RF to right side - LF beside RF,  $\frac{1}{4}$  turn right around and step forward with RF (stretch arms to the side and circle in opposite direction) (6 o'clock)

**3&4 $\frac{1}{4}$**  Turn right around and step with LF to left side - RF beside LF,  $\frac{1}{4}$  Turn right around and step back with LF (arms as in '1&2') (12 o'clock)

**5-6** Step back with RF - weight back on the LF

**7-8 $\frac{1}{2}$**  Turn left and step back with RF -  $\frac{1}{4}$  Turn left around and step with LF to left side (3 o'clock)

### Shuffle Across, Rock Side, Behind, Hold-Side-Shuffle Across

**1&2** Cross RF far over LF - small step with LF to left side and cross RF far over LF

**3-4** Step with LF to left side - weight back on RF

**5-6** Cross LF behind RF - hold

#### &small step with RF to right side

**7&8** Cross LF far over RF - small step with RF to right side and cross LF far over RF

### $\frac{1}{8}$ Turn R/Heel-Ball-Change 2x, Rock Forward & Touch, Flick

**1&2 $\frac{1}{8}$**  turn right around and tap right heel in front - RF beside LF and step on the spot with LF (4:30)

**3&4** Same as 1&2 (6 o'clock)

**5-6** Step forward with RF - weight back on LF

**&7-8** Pull/set RF to the LF and touch LF next to RF - LF bounce backwards (make a little jump)

### Shuffle Forward, Step, Pivot $\frac{1}{2}$ L, Step, Pivot $\frac{1}{4}$ L, Rock Forward

- 1&2** Step forward with LF - RF beside LF and step forward with LF
- 3-4** Step forward with RF -  $\frac{1}{2}$  turn left around on both balls, weight at end on LF (12 o'clock)
- 5-6** Step forward with RF -  $\frac{1}{4}$  turn left around on both balls, weight at end LF (9 o'clock)
- 7-8** Step forward with RF - weight back on LF

**And don't forget to smile, because dancing is fun!**

**There is no guarantee for errors in the translation, content, spelling, etc.!**

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