

INSOMNIA

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Count: 64

Wall: 2

Level: Intermediate

Choreographer: Shaz Walton (Nov 08)

Music: Insomnia by Craig David (CD: 128bpm)

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 right side. Step left beside right.
- 5-6 Step right to right diagonal. Step left to left diagonal.
- 7-8 Step right back. Step left beside right. (Steps 5-8...FUNKY!) [12 o'clock]

Side Shuffle. $\frac{1}{4}$ Left. Forward. Cross. $\frac{1}{4}$ 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 $\frac{1}{4}$ left. Step right forward.
- 5-6 Cross left over right. Step back right $\frac{1}{4}$ left.
- 7-8 Step left to left side. Step right forward. (steps 5-8...FUNKY!) [6 o'clock]

$\frac{1}{4}$ Cross Shuffle. Step Side. Touch. $\frac{1}{4}$ Tap, Tap. Step. Step Forward.

- 1&2 Make $\frac{1}{4}$ left as you cross left over right. Step right to right. Cross left over right.
- 3-4 Step right to right side. Touch left beside right.
- 5-6 Make $\frac{1}{4}$ left as you tap left foot forward twice (funk it up!)
- 7-8 Step left forward. Step right forward. [12 o'clock]

$\frac{1}{4}$ Shuffle Left. Step $\frac{1}{2}$ Pivot Left. $\frac{1}{4}$ Side. Touch. Ball. Cross. Side.

- 1&2 Step left $\frac{1}{4}$ left. Step right beside left. Step left forward.
- 3-4 Step forward right. $\frac{1}{2}$ pivot turn left.
- 5-6& Step right to side making $\frac{1}{4}$ left. Tap left beside right. Step left beside right.
- 7-8 Cross right over left. Step left to left side. [12 o'clock]

Sailor Step. Sailor Hold. Ball. Side. Hold. Ball Point.

- 1&2 Cross right behind left. Step left to left. Step right to right.

3&4 Cross left behind right. Step right to right. Step left to left.

5- &6 Hold. Step right beside left. Step left to left.

7- &8 Hold. Step right beside left. Point left to left. [12 o'clock]

Step. Switch. Hitch. Big Step. Touch. Back. Back. $\frac{1}{2}$. $\frac{1}{4}$.

&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 Make $\frac{1}{2}$ turn left stepping left forward. Make $\frac{1}{4}$ left stepping right to right side. [3 o'clock]

$\frac{1}{4}$. Step Forward. Twist. Return . Coaster $\frac{1}{4}$ Cross. Hold. Ball. Cross.

1-2 Step left forward $\frac{1}{4}$ left. Step forward right.

3-4 Raising heels, twist on balls of feet making approx $\frac{1}{2}$ turn left. Return to original position.

5&6 Step back right. Step back left. Make $\frac{1}{4}$ right crossing right over left.

7&8 Hold. Step left to left. Cross right over left. [3 o'clock]

Step. Drag. Kick. Ball Cross. Ball Cross. $\frac{1}{4}$ Back. Shuffle $\frac{1}{2}$ 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 $\frac{1}{4}$ left.

7&8 Shuffle $\frac{1}{2}$ turn left stepping left-right-left. [6 o'clock]