

# Insomnia

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**Count:** 32      **Wall:** 2      **Level:** Easy Intermediate

**Choreographer:** Annie Bradbury, Hervey Bay, Qld., Australia.

**Music:** You're The Reason by Daniel O'Donnell (128 bpm)

**Intro: He sings You're the reason I don't sleep at night.. I just lay here...Start dance on the word 'lay'**

## **Vine Right Stomp, Side Shuffle, Rock Return**

**1,2,3,4** Step R to right, Step L behind R, Step R to right, Stomp L beside R

**5&6** Side Shuffle to the left L,R,L

**7,8** Rock/step R behind L, Rock fwd onto L

## **Vine Right Stomp, 1/4 Turn Shuffle, Rock Return**

**9,10,11,12** Step R to right, Step L behind R, Step R to right, Stomp L beside R

**13&14** Making 1/4 right shuffle back L,R,L

**15,16** Rock/step back on R, Rock fwd onto L

## **Fwd Together, Heel Split, Step Back Stomp/Clap, Step Back Stomp/Clap**

**17,18** Step fwd on R, Step L beside R

**19,20** Twist heels apart, Twist heels to centre keeping wt on L

**21,22** Step back on R to right diagonal, Stomp L beside R and clap

**23,24** Step back on L to left diagonal, Stomp R beside L and clap

## **Bronco, Bronco, 1/4 Rock Return, 1/2 Step Touch**

**25,26** Step R to right, Bend L knee across R and slap it with R hand (bronco)

**27,28** Touch L to left side, Bend L knee across R and slap it with R hand (bronco)

**29,30** Making 1/4 left rock/step fwd on L, Rock back on R

**31,32** Making 1/2 left step fwd on L, Touch R beside L

## **TAG: \* At the end of walls 3 and 6 add the following hip bumps**

**1,2,3,4** Bump hips to the right twice, Bump hips to the left twice

**5,6** Bump hips right, Bump hips left

## **Restart dance from the beginning**

**When Jan asked me to write a dance to this song I wasn't too sure about it, but after listening to it a few times it occurred to me that it would be a perfect little dance for my class. It's an old song but it will stay around for a long time I think. Hope you enjoy the dance and this rendition of an old song by Daniel O'Donnell.**

**Happy Dancing... Annie**

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**Further information from Jan Wyllie's website**

**<http://www.members.iinet.net.au/~janwyllie>**