

Insomnia

LINEDANCE.COM

Count: 64 **Wall:** 2 **Level:** Intermediate

Choreographer: Lily Ang (Singapore) March 2017

Music: "Insomnia" by Craig David

Intro: 32 counts

Section 1: Jazz Box, Side Rock, Recover, Close, Side Rock, Recover

- 1-2 Step right across left, Step left back
- 3-4 Step right to right side, Cross step left over right
- 5&6 Rock out on right to right side, Recover on to left, Step close right beside left
- 7-8 Rock out on left to left side, Recover on to right

Section 2: Cross Rock, Recover, Chasse $\frac{1}{4}$ Turn L, Pivot $\frac{1}{2}$ Turn L, Walk x2

- 1-2 Cross rock left over right, Recover back onto right
- 3&4 Step left to left side, Close right to left, Step left to left side $\frac{1}{4}$ Turn left
- 5-6 Step forward on right, Pivot $\frac{1}{2}$ turn left
- 7-8 Walk forward on right, Walk forward on left

Section 3: Rock Forward, Back, Back, Coaster Step, Walk x2

- 1 2& Rock forward on right, Recover back on left, Step back on right
- 3-4 Step back left, Step back right
- 5&6 Step back left, Step right next to left, Step forward left
- 7-8 Walk forward on right, Walk forward on left

Section 4: Rock Fwd, Recover, $\frac{1}{2}$ Turn R, Pivot $\frac{1}{2}$ Turn & Rock, Recover, $\frac{1}{4}$ Turn R Cross

- 1 2& Rock forward on right, Recover back on left, $\frac{1}{2}$ right step right forward
- 3 4& Step left on forward, $\frac{1}{2}$ right taking weight right, Left together
- 5-6 Step right on forward, Recover back on left

7-8 $\frac{1}{4}$ Turn right Stepping right to right side, Cross left over right

Section 5: Side, Behind, Side, Cross, Sailor Step, Behind, Side, Cross

- 1 2& Step right to right side, Step left behind right, Step right to right side

- 3-4** Cross left over right, Step right to right side
- 5&6** Step left behind right, Step right to right step, Step left to the left
- 7&8** Step right behind left, Step left to left side, Cross right over left

Section 6: Side Rock, Recover, ¼ Turn L Coaster Step, Pivot ¼ Turn L, Cross Shuffle

- 1-2** Side rock on left, Recover on to right
- 3&4** ¼ Turn left Step back left, Step right next to left, Step forward left
- 5-6** Step forward on right, Pivot ¼ turn left
- 7&8** Cross right over left, Step left to left side, Cross left over right

Section 7: Side, Together, Shuffle Forward, Coaster Step

- 1-2** Step left to left side, Step right beside left
- 3&4** Shuffle forward left, Stepping left, right, left
- 5-6** Rock forward on right, Recover back on left
- 7&8** Step back right, Step left next to right, Step forward right

Section 8: Pivot ½ Turn R, Shuffle Forward, Pivot ½ Turn L x2

- 1-2** Step forward on left, Pivot ½ turn right
- 3&4** Shuffle forward left, Stepping left, right, left
- 5-6** Step forward on right, Pivot ½ turn left
- 7-8** Step forward on right, Pivot ½ turn left

REPEAT

Hope you enjoy the dance

Contact: lily_ang1382@yahoo.com.sg