

Insomnia (□□□□)

LINEDANCE.COM

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] □□□□ , □□□□ (□□ 12□□)

□□□

Side Shuffle. ¼ Left. Forward. Cross.

¼ Left. Side. Forward

□□ , □ 1/4, □ , □□ , □ 1/4, □ , □

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 1/4 left. Step right forward.

□□ 90□□□□□□ , □□□□

5-6

Cross left over right. Step back right 1/4 left.

□□□□□□□□□□ , □□ 90□□□□□□

7-8

Step left to left side. Step right forward. (steps 5-8...FUNKY!) [6 o'clock] □□□□ , □□□□ (

□□ 6□□)

□□□

1/4 Cross Shuffle. Step Side. Touch. 1/4

Tap, Tap. Step. Step Forward.

1/4□□□□□□ , □□ , □ , 1/4□□□□ , □□ , □□

1&2

Make 1/4 left as you cross left over right. Step right to right. Cross

left over right.

□□ 90□□□□□□□□□□□□□□ , □□□□□□ , □□□□□□□□□□□□

3-4

Step right to right side. Touch left beside right.

□□□□ , □□□□

5-6

Make ¼ left as you tap left foot forward twice (funk it up!)

□□ 90□□□□□□

7-8

Step left forward. Step right forward. [12

o'clock]

□□□□ , □□□□ (□□ 12□□)

□□□

¼ Shuffle Left. Step ½ Pivot Left. ¼

Side. Touch. Ball. Cross. Side.

1/4□□□□ , □□□□ 1/2, 1/4□ , □ , □ , □□ , □

1&2

Step left ¼ left. Step right beside left. Step left forward.

□□ 90□□□□ , □□□□ , □□□□

3-4

Step forward right. ½ pivot turn left.

□□□□ , □□ 180□

5-6&

Step right to side making ¼ left. Tap left beside right. Step left

beside right. □□ 90□□□□ , □□□□ , □□□□

7-8

Cross right over left. Step left to left side. [12 o'clock]

□□□□□□□□ , □□□□ (□□ 12□□)

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">Sailor Step. Sailor Hold. Ball. Side. Hold. Ball

Point.

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">, □□□ , □ , □ , □ , □ , □

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]

□ , □□□□ , □□□□ (□□ 12□□)

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">Step. Switch. Hitch. Big Step. Touch. Back. Back. 1/2 .

1/4.

mso-font-kerning:0pt">□ , □

mso-font-kerning:0pt">, □ , □□ , □ , □ , □ , 1/2, 1/4

&1

Step left beside right. Point right to right.

□□□□ , □□□□

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>

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 1/2 turn left stepping left forward. Make 1/4 left stepping right to

right side. [3 o'clock]

□□ 180□□□□□□ , □□ 90□□□□□□ (□□ 3□□)

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">1/4. Step

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

mso-font-kerining:0pt">1/4, □□ , □ , □□ , 1/4

mso-font-kerining:0pt">□□□□ , □ , □ , □□

1-2

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

□□ 90□□□□□□ , □□□□

3-4

Raising heels, twist on balls of feet making approx $\frac{1}{2}$ turn left. Return

to original position. □□ 180□□□□□□ , □□□□□□

5&6

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

□□□□ , □□□□ , □□ 90□□□□□□□□□□

7&8

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

□ , □□□□ , □□□□□□□□□□ (□□ 3□□)

mso-font-kerining:0pt">□□□

mso-font-kerining:0pt">

mso-font-kerining:0pt">Step. Drag. Kick. Ball Cross. Ball Cross. $\frac{1}{4}$ Back.

Shuffle $\frac{1}{2}$ Turn.

mso-font-kerining:0pt">□ , □

mso-font-kerining:0pt">, □ , □□□ , □□□ , 1/4

mso-font-kerining:0pt">□ ,

1/2 □□□

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.

□□□□ , □□□□□□□□ , □□□□□□ 90□

7&8

Shuffle ½ turn left stepping left-right-left. [6 o'clock]

□□ 180□□□□ -□ , □ , □ (□□ 6□□)