

# INSOMNIA

LINEDANCE.COM

**Count:** 32

**Wall:** 2

**Level:** beginner/intermediate

**Choreographer:** Anne Bradbury

**Music:** You're The Reason by Daniel O'Donnell

## VINE RIGHT STOMP, SIDE SHUFFLE, ROCK RETURN

- 1-4** Step right to right, step left behind right, step right to right, stomp left beside right
- 5&6** Side shuffle to the left left, right, left
- 7-8** Rock/step right behind left, rock forward onto left

## VINE RIGHT STOMP, ¼ TURN SHUFFLE, ROCK RETURN

- 9-12** Step right to right, step left behind right, step right to right, stomp left beside right
- 13&14** Making ¼ right shuffle back left, right, left
- 15-16** Rock/step back on right, rock forward onto left

## FORWARD TOGETHER, HEEL SPLIT, STEP BACK STOMP/CLAP, STEP BACK STOMP/CLAP

- 17-18** Step forward on right, step left beside right
- 19-20** Twist heels apart, twist heels to center keeping weight on left
- 21-22** Step back on right to right diagonal, stomp left beside right and clap
- 23-24** Step back on left to left diagonal, stomp right beside left and clap

## BRONCO, BRONCO, ¼ ROCK RETURN, ½ STEP TOUCH

- 25-26** Step right to right, bend left knee across right and slap it with right hand (bronco)
- 27-28** Touch left to left side, bend left knee across right and slap it with right hand (bronco)
- 29-30** Making ¼ left rock/step forward on left, rock back on right
- 31-32** Making ½ left step forward on left, touch right beside left

## REPEAT

## 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**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=49707](https://www.linedance.com/index.php?f=dance_view&id=49707)