

# Insomniac

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**Count:** 32

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Jean-Pierre Madge (CH), Tim Johnson (UK) February 2018

**Music:** Insomniac by Timeflies

## **Kick and Touch, Touch, Touch, Hitch, Coaster Step, $\frac{1}{4}$ L Kick and Touch.**

**1&2** Kick R forward (1), Step R next L (&), Touch L forward (2),

**3-4&** Touch L to L (3), Touch L behind (4), Hitch L (&),

**5&6** Step L back (5), R next L (&), Step L forward (6),

**7&8 $\frac{1}{4}$  L and Kick R forward (7), Step R to R (&), Touch L behind R (8).**

## **Touch and Slide, Touch and Slide, Paddle $\frac{1}{2}$ turn, Lock, Unwind.**

**1&2&** Touch L to L (1), Touch L next to R (&), Big step L to L (2), Touch R next L (&),

**3&4** Touch R to R (3), Touch R next L (&), Big step R to R (4),

**5-6** Weight is on your R while doing  $\frac{1}{4}$  R Step L out (5),  $\frac{1}{4}$  R Step L out ending with weight on L (6),

**7-8** Lock R behind L (7),  $\frac{1}{2}$  R unwind both feet (8) weight is on R.

## **Hitch Step, Hitch Step, Mambo forward, Arms push.**

**1-2** Hitch L up (1), Step L forward (2),

**3-4** Hitch R up (3), Step R forward (4) you are walking like a robot,

**5&6** Step L forward (5), Step R in place (&), Step L behind (6),

**7&8** Raise R arm up and open your hand like you are ready to push a wall (7), Do the same with L arm (&) Push the wall and do a big R step back (8).

## **Out-Out knee pop, and Cross knee pop, Rock and Cross, Chassé $\frac{1}{4}$ L**

**&1&2** Step L out back (&), Step R out (1), Pop knees forward as you lift heels up (&), Pop knees back as you bring heels down (2),

**&3&4** Step R next L (&), Cross L over R (3), Pop knees forward as you lift heels up (&), Pop knees back as you bring heels down (4),

**5&6** Rock R to R (5), Recover on L (&) Cross L over R (6),

**7&8 $\frac{1}{4}$  L step L forward (7), Step R slightly behind L (&) Step L forward (8).**

**Start again and have fun!**

**For any questions please contact us:**

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