

Feels Like Insomnia

32 Count, 4 Wall, Beginner/Intermediate
Choreographer: Angela Rushing (US) September 09
Choreographed to: Insomnia by Craig David

48 counts intro ("I never thought")

WALK 3X, FLICK, MAKING ½ TURN

1-2-3-4 Walk right foot three times – right, left, right, flick left foot making ½ turn to right (6:00)

5-6-7-8 Walk left foot three times –left, right, left, flick right foot making ½ turn to left (12:00)

COASTER STEPS, SAILOR STEPS (R-L)

1-2 Step back on Right foot, step Left back next to right, step forward on Right

3-4 Step back on Left foot, step Right back next to Left, step forward on Left

5&6 Step right behind left, step left in place, step right to right

7&8 Step left behind right, step right in place, step left to left

IN, IN, SHUFFLES

1- & Touch right heel forward, step right next to left

2- & Touch left heel forward, step left next to right

3-4 Repeat 1&2

5-6 Shuffle right foot forward – right, left, right

7-8 Shuffle left foot forward – left, right, left

JAZZ BOX TWICE, MAKING ¼ TURN

1-2-3-4 Step right foot across in front of left, step left foot back, step right foot to right side, step left foot next to left.

5-6-7-8 Step right foot across in front of left, step left foot back, making ¼ turn to right (3:00) step right foot to right side, step left foot next to left.

Repeat counts 1-32

Enjoy dancing and have fun!