

# I Can't Sleep

32 Count, 2 Wall, Improver

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Choreographed to: Insomnia by Craig David

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Intro: 32 Count,

**½ R Sailor, Step, Touch, ¼ Turn Slides X 4**

- 1&2 Sweep & step R foot behind L foot, turning R & facing 4 o'clock(1)  
Step L foot to L side (6 o'clock)(&), Step R to R side(6 o'clock)(2)
- 3-4 Step L foot fwd, Touch R foot next L foot,
- 5-6 ¼ Turn left, Step R foot to R side, ¼ Turn left, Step L foot to L side
- 7-8 ¼ Turn left, Step R foot to R side, ¼ Turn left, Step L foot to L side,(6 o'clock)  
(Counts 5-8 should be done in Sliding Motion)

**Cross Rock, Cross Rock, Pivot ¼, Cross Shuffle**

- 1&2 Step R foot across L foot, Recover on L foot, Step R foot to R side
- 3&4 Step L foot across R foot, Recover on R foot, Step L foot to L side
- 5-6 Step fwd on R foot, Pivot a ¼ turn left on L foot, (3 o'clock)
- 7&8 Cross R foot over L foot, Step L foot slightly to L side, Cross R foot over L foot

**Touch Side, Kick, Together, Out, Look R, Twist ¼, Lean Fwd, Lean Further, Straighten**

- 1-2& Touch L foot to L side, kick L foot forward, Step L foot next to R foot(&)
- 3-4 Step R foot to right side(moving to right)(3), Turn head sharply right(4)
- 5 Twisting on both feet, ¼ Turn right(6 o'clock),
- 6 Lean upper body forward, keeping back straight, Looking forward,
- 7-8 Lean upper body further forward(7), Straighten up(8),  
(For counts 4-8 – should have the “stiff” feel, like a Mannequin or Robot)

**R Coaster, Fwd Shuffle, ¼ R Sailor, ¼ L Sailor**

- 1&2 R Coaster Step,
- 3&4 Shuffle fwd L,R,L,
- 5&6 ¼ Turn right with a R Sailor step, (9 o'clock)
- 7&8 ¼ Turn left with a L Sailor step, (6 o'clock)  
(Easy option – for counts 5&6 and 7&8 – Do Sailor steps without turns)

**The Finish** - The last wall will bring you to the front wall, as music fades, just add:

**Cross, Ball, Cross, Ball, Cross, Ball, Cross, Making A Full Turn.**

- 1& ¼ turn R, crossing R foot over left(1), Step on Ball of L foot behind R foot, slightly to L side, making ¼ turns(&),
- 2&3&4 Repeat the above steps, till you face the front wall.  
Or just add a R Sailor without a turn.