

Insomnia

32 Count, 2 Wall, Improver

Choreographer: Annie Bradbury (Aus) 2009

Choreographed to: You're The Reason

by Daniel O'Donnell (128 bpm)

Intro: He sings You're the reason I don't sleep at night.. I just lay here...Start dance on the word 'lay'

- Vine Right Stomp, Side Shuffle, Rock Return**
1,2,3,4 Step R to right, Step L behind R, Step R to right, Stomp L beside R
5&6 Side Shuffle to the left L,R,L
7,8 Rock/step R behind L, Rock fwd onto L
- Vine Right Stomp, 1/4 Turn Shuffle, Rock Return**
9,10,11,12 Step R to right, Step L behind R, Step R to right, Stomp L beside R
13&14 Making 1/4 right shuffle back L,R,L
15,16 Rock/step back on R, Rock fwd onto L
- Fwd Together, Heel Split, Step Back Stomp/Clap, Step Back Stomp/Clap**
17,18 Step fwd on R, Step L beside R
19,20 Twist heels apart, Twist heels to centre keeping wt on L
21,22 Step back on R to right diagonal, Stomp L beside R and clap
23,24 Step back on L to left diagonal, Stomp R beside L and clap
- Bronco, Bronco, 1/4 Rock Return, 1/2 Step Touch**
25,26 Step R to right, Bend L knee across R and slap it with R hand (bronco)
27,28 Touch L to left side, Bend L knee across R and slap it with R hand (bronco)
29,30 Making 1/4 left rock/step fwd on L, Rock back on R
31,32 Making 1/2 left step fwd on L, Touch R beside L
- 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

When Jan asked me to write a dance to this song I wasn't too sure about it, but after listening to it a few times it occurred to me that it would be a perfect little dance for my class. It's an old song but it will stay around for a long time I think. Hope you enjoy the dance and this rendition of an old song by Daniel O'Donnell.

Happy Dancing... Annie