Insomnia
www.linedancerweb.com
www.linedancefoundation.com
www.kingshilldanceholidays.com.

32 Count 4 Wall Improver Level Dance
Choreographed by: Silvia Schill (DE) Mar 2020
Choreographed to: Insomnia by Daya
Intro: 32 Counts. Start on vocal at approx 17 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 SHUFFLE BACK TURNING $1 / 2$ R, SHUFFLE FORWARD TURNING $1 / 2$ R, ROCK BACK, $1 / 2$ TURN L, $1 / 4$ TURN L
1\&2 $\quad 1 / 4$ Turn right step with $R F$ to right side, $L F$ beside $R F, 1 / 4$ turn right step forward with $R F(6: 00)$
Arms Stretch arms to the side and circle in opposite direction
$3 \& 4 \quad 1 / 4$ Turn right step with LF to left side, RF beside LF, $1 / 4$ Turn right step back with LF (12:00)
Arms Stretch arms to the side and circle in opposite direction
5-6 Step back with RF, weight back on the LF
7-8 $\quad 1 / 2$ Turn left and step back with RF, $1 / 4$ Turn left step with LF to left side (3:00)
SEC 2 SHUFFLE ACROSS, ROCK SIDE, BEHIND, HOLD-SIDE-SHUFFLE ACROSS
1\&2 Cross RF far over LF, small step with LF to left side, cross RF far over LF
3-4 Step with LF to left side, weight back on RF
5-6 Cross LF behind RF, hold
\& small step with RF to right side
7\&8 Cross LF far over RF, small step with RF to right side, cross LF far over RF
SEC $31 / 8$ TURN R/HEEL-BALL-CHANGE 2 X , ROCK FORWARD \& TOUCH, FLICK
1\&2 $\quad 1 / 8$ turn right tap right heel in front, RF beside LF, step on the spot with LF (4:30)
$3 \& 4 \quad 1 / 8$ turn right tap right heel in front, RF beside LF, step on the spot with LF (4:30)
5-6 Step forward with RF, weight back on LF
\&7-8 Pull/set RF to the LF. touch LF next to RF, LF bounce backwards (make a little jump)
SEC 4 SHUFFLE FORWARD, STEP, PIVOT $1 / 2$ L, STEP, PIVOT $1 / 4$ L, ROCK FORWARD
1\&2 Step forward with LF, RF beside LF. step forward with LF
3-4 Step forward with RF, $1 / 2$ turn left around on both balls, weight at end on LF (12:00)
5-6 Step forward with RF, $1 / 4$ turn left around on both balls, weight at end LF (9:00)
7-8 Step forward with RF, weight back on LF

Linedance Foundation, Linedancer, 166 Lord Street, Southport, United Kingdom, PR9 0QA. Email: scripts@linedancerweb.com www.linedancefoundation.com www.linedancer-radio.com

