

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 1&2 Arms 3&4 Arms 5-6 7-8	SHUFFLE BACK TURNING ½ R, SHUFFLE FORWARD TURNING ½ R, ROCK BACK, ½ TURN L, ¼ TURN L ¼ Turn right step with RF to right side, LF beside RF, ¼ turn right step forward with RF (6:00) Stretch arms to the side and circle in opposite direction ¼ Turn right step with LF to left side, RF beside LF, ¼ Turn right step back with LF (12:00) Stretch arms to the side and circle in opposite direction Step back with RF, weight back on the LF ½ Turn left and step back with RF, ¼ Turn left step with LF to left side (3:00)
SEC 2 1&2 3-4 5-6 & 7&8	SHUFFLE ACROSS, ROCK SIDE, BEHIND, HOLD-SIDE-SHUFFLE ACROSS Cross RF far over LF, small step with LF to left side, cross RF far over LF Step with LF to left side, weight back on RF Cross LF behind RF, hold small step with RF to right side Cross LF far over RF, small step with RF to right side, cross LF far over RF
SEC 3 1&2 3&4 5-6 &7-8	1/8 TURN R/HEEL-BALL-CHANGE 2X, ROCK FORWARD & TOUCH, FLICK 1/8 turn right tap right heel in front, RF beside LF, step on the spot with LF (4:30) 1/8 turn right tap right heel in front, RF beside LF, step on the spot with LF (4:30) 1/8 Step forward with RF, weight back on LF 1/8 Pull/set RF to the LF. touch LF next to RF, LF bounce backwards (make a little jump)
SEC 4 1&2 3-4 5-6 7-8	SHUFFLE FORWARD, STEP, PIVOT ½ L, STEP, PIVOT ¼ L, ROCK FORWARD Step forward with LF, RF beside LF. step forward with LF Step forward with RF, ½ turn left around on both balls, weight at end on LF (12:00) Step forward with RF, ¼ turn left around on both balls, weight at end LF (9:00) Step forward with RF, weight back on LF

