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## Insomnia

64 Count, 2 Wall, Intermediate
Choreographer: Shaz Walton (UK) Nov 08
Choreographed to: Insomnia by Craig David
(128bpm)

Count in 32 just before lyrics

1. Cross Rock. Recover. Side. Together. Diagonal Steps-Out, Out, In, In

1-2 Cross rock right over left. Recover on left.
3-4 Step right to right side. Step left beside right.
5-6 Step right to right diagonal. Step left to left diagonal.
7-8 Step right back. Step left beside right. (Steps 5-8...FUNKY!) [12 o'clock]
2. Side Shuffle. $1 / 4$ Left. Forward. Cross. $1 / 4$ Left. Side. Forward
$1 \& 2$ Step right to right. Step left beside right. Step right to right. (bump hip to right on last count of shuffle)
3-4 Step left forward a $1 / 4$ left. Step right forward.
5-6 Cross left over right. Step back right $1 / 4$ left.
7-8 Step left to left side. Step right forward. (steps 5-8...FUNKY!) [6 o'clock]
3. $\quad 1 / 4$ Cross Shuffle. Step Side. Touch. $1 / 4$ Tap, Tap. Step. Step Forward.

1\&2 Make $1 / 4$ left as you cross left over right. Step right to right. Cross left over right.
3-4 Step right to right side. Touch left beside right.
5-6 Make $1 / 4$ left as you tap left foot forward twice (funk it up!)
7-8 Step left forward. Step right forward. [12 o'clock]
4. $1 / 4$ Shuffle Left. Step $1 / 2$ Pivot Left. $1 / 4$ Side. Touch. Ball. Cross. Side.
$1 \& 2 \quad$ Step left $1 / 4$ left. Step right beside left. Step left forward.
3-4 Step forward right. $1 / 2$ pivot turn left.
5-6\& Step right to side making $1 / 4$ left. Tap left beside right. Step left beside right.
7-8 Cross right over left. Step left to left side. [12 o'clock]
5. Sailor Step. Sailor Hold. Ball. Side. Hold. Ball Point.

1\&2 Cross right behind left. Step left to left. Step right to right.
$3 \& 4$ Cross left behind right. Step right to right. Step left to left.
5- \&6 Hold. Step right beside left. Step left to left.
7- \&8 Hold. Step right beside left. Point left to left. [12 o’ clock]
6. Step. Switch. Hitch. Big Step. Touch. Back. Back. $1 / 2.1 / 4$.
\&1 Step left beside right. Point right to right.
2-3-4 Hitch right knee. Take a big step forward with right. Touch left behind right.
5-6 Step back left. Step back right.
7-8 Make $1 / 2$ turn left stepping left forward. Make $1 / 4$ left stepping right to right side. [3 o'clock]
7. $1 / 4$. Step Forward. Twist. Return. Coaster $1 / 4$ Cross. Hold. Ball. Cross.

1-2 Step left forward $1 / 4$ left. Step forward right.
3-4 Raising heels, twist on balls of feet making approx $1 / 2$ turn left. Return to original position.
5\&6 Step back right. Step back left. Make $1 / 4$ right crossing right over left.
7\&8 Hold. Step left to left. Cross right over left. [3 o'clock]
8. Step. Drag. Kick. Ball Cross. Ball Cross. $1 / 4$ Back. Shuffle $1 / 2$ Turn.

1-2 Step left a big step to left. Drag right in place.
3\&4 Kick right to right diagonal. Step right beside left. Cross left over right.
\&5-6 Step right to right. Cross left over right. Step right back $1 / 4$ left.
7\&8 Shuffle $1 / 2$ turn left stepping left-right-left. [6 o'clock]

