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

32 Count 4 Wall Intermediate Level Dance.
Choreographed by: Mathew Sinyard (UK) Jul 2021
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 WALK X2, BALL LOCK STEP, ROCK RECOVER, TOUCH BACK UNWIND $1 ⁄ 2$
1-2 Step forward right, left
\&3-4 Step forward on ball of right, lock left behind right, step forward right
5-6 Rock forward on left, recover on to right
7-8 Touch left toe back, unwind $1 / 2$ turn left on to left

SEC 2 BALL ¼ SIDE, BEHIND SIDE CROSS, SIDE ROCK RECOVER, CROSS SHUFFLE
\&1-2 Step on ball of right, make a $1 / 4$ turn left stepping left forward, step right to side
$3 \& 4 \quad$ Cross left behind right, step right to side, cross left in front of right
5-6 Rock right to right side, recover on to left
7\&8 Cross right in front of left, small step left to left side, cross right over left

## SEC 3 BALL $1 / 8$, FORWARD ROCK RECOVER, COASTER STEP, STEP, $1 ⁄ 2$ BACK, SHUFFLE $5 / 8$

\&1-2 Step on ball of left making $1 / 8$ turn left, rock forward on right, recover on to left
3\&4 Step back on right, step left beside right, step forward right
Option On walls 3 \& 7 when she sings 'tossing \& turning' change the coaster step to a triple full turn right
5-6 Step forward left, make a $1 / 2$ turn left stepping back on to right
$7 \& 8$ Shuffle $5 / 8$ turn left stepping L-R-L

Restart Here on wall 6, Dance Tag 2 then restart
SEC 4 CROSS HOLD, BALL BEHIND HOLD, BALL CROSS $1 \not 14$ BACK, SHUFFLE HALF, BALL STEP
1-2 Cross Right in front of left, hold
\&3-4 Step on ball of left, cross right behind left, hold
5-6 Step on ball of left, cross right in front of left, make $1 / 4$ turn right stepping back on left
$7 \& 8 \& \quad$ Shuffle $1 / 2$ turn right stepping R-L-R, step on ball of left
Tag 1 End of Wall 5
ROCKING CHAIR
1-4 Rock forward on to right, recover left, rock back on to right, recover left
Tag 2 After 24 Counts of Wall 6 dance the following then Restart
CROSS, HOLD, BALL CROSS, SIDE
1-2 Cross Right in front of left, hold
\&3-4 Step on ball of left, cross right behind left, step left to left side
Ending After 30 counts of Wall 9 , Change the shuffle $1 / 2$ in section 4 to a $3 / 4$ shuffle to finish facing $12: 00$

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