

## 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.

1-2 &3-4	Step forward on hell of right look loft helpind right, etch forward right.
	Step forward on ball of right, lock left behind right, step forward right
5-6 7-8	Rock forward on left, recover on to right
7-0	Touch left toe back, unwind ½ 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 ¼ turn left stepping left forward, step right to side
3&4	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 &1-2 3&4 Option 5-6 7&8	BALL 1/8, FORWARD ROCK RECOVER, COASTER STEP, STEP, 1/2 BACK, SHUFFLE 5/8 Step on ball of left making 1/8 turn left, rock forward on right, recover on to left Step back on right, step left beside right, step forward right On walls 3 & 7 when she sings 'tossing & turning' change the coaster step to a triple full turn right Step forward left, make a 1/2 turn left stepping back on to right 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 ¼ BACK, SHUFFLE HALF, BALL STEP
1-2 &3-4	Cross Right in front of left, hold
&3 <del>-4</del> 5-6	Step on ball of left, cross right behind left, hold  Step on ball of left, cross right in front of left, make ½ turn right stepping back on left
7&8&	Shuffle ½ turn right stepping R-L-R, step on ball of left
7 000	Shame 72 tarringht stepping IX-L-IX, step on ball or 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 ½ in section 4 to a ¾ shuffle to finish facing 12:00

