



# INSOMNIA

64 Count – 2 wall Line dance – Intermediate level  
Choreographed to 'insomnia' By Craig David  
Choreographed By Shaz Walton – Nov 08  
Count in 32 just before lyrics, BPM - 128

## 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

## Side shuffle. ¼ left. Forward. Cross. ¼ 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 ¼ left. Step right forward.  
5-6 Cross left over right. Step back right ¼ left.  
7-8 Step left to left side. Step right forward. *(steps 5-8...FUNKY!)* 6 o'clock

## ¼ cross shuffle. Step side. Touch. ¼ tap, tap. Step. Step forward.

- 1&2 Make ¼ 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 ¼ left as you tap left foot forward twice *(funk it up!)*  
7-8 Step left forward. Step right forward. 12 o'clock

## ¼ shuffle left. Step ½ pivot left. ¼ side. Touch. Ball. Cross. Side.

- 1&2 Step left ¼ left. Step right beside left. Step left forward.  
3-4 Step forward right. ½ pivot turn left.  
5-6& Step right to side making ¼ left. Tap left beside right. Step left beside right.  
7-8 Cross right over left. Step left to left side. 12 o'clock

## 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

## Step. Switch. Hitch. Big Step. Touch. Back. Back. ½ . ¼ .

- &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 ½ turn left stepping left forward. Make ¼ left stepping right to right side. 9 o'clock

## ¼ . Step forward. Twist. Return . Coaster ¼ cross. Hold. Ball. Cross.

- 1-2 Step left forward ¼ left. Step forward right.  
3-4 Raising heels, twist on balls of feet making approx ½ turn left. Return to original position.  
5&6 Step back right. Step back left. Make ¼ right crossing right over left.  
7&8 Hold. Step left to left. Cross right over left. 3 o'clock

## Step. Drag. Kick. Ball cross. Ball cross. ¼ back. Shuffle ½ 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 ¼ left.  
7&8 Shuffle ½ turn left stepping left-right-left. 6 o'clock



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