

# Insomnia

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Mathew Sinyard (UK) - July 2021

Music: Insomnia - Daya



## Intro: 32 Counts - 1 Restart & 1 Tag

### Section 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.

### Section 2 Ball 1/4 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 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.

### Section 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.
- 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.

#### \* Optional Styling\*

**\*On walls 3 & 7 when she sings 'tossing & turning' change the coaster step to a triple full turn right\***

### Section 4 Cross Hold, Ball Behind Hold, Ball Cross 1/4 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 & Shuffle 1/2 turn right stepping R-L-R, step on ball of left.

#### \*\*Tag End of Wall 5 - Rocking Chair.

- 1 - 4 Rock forward on to right, recover left, rock back on to right, recover left.

#### \*\*Restart On Wall 6 dance sections 1 - 3 followed by these 4 counts then start again.

- 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 - Wall 9 - Change the shuffle 1/2 in section 4 to a 3/4 shuffle to finish facing 12:00.**

**Have Fun & Enjoy X.**