

# Insomnia

**Count:** 56

**Wall:** 0

**Level:**

**Choreographer:** Dion Thomas (AUS) & Val Thomas (AUS)

**Music:** All You Ever Do Is Bring Me Down - The Mavericks



- 
- 1-4 Bronco twists right, center, left, center  
5-8 Left Monterey turn (left toe to side, turn ½ left, together, right toe to side, together)
- 9-12 Vine left (left-right-left), stomp right  
13-16 Kick right & swing across left, kick right & swing across left
- 17-18 Step forward on right, stomp left  
19-22 Kick left & swing across right, kick left & swing across right  
23-26 Shuffle to side turning body to the left stepping left-right-left, then to the right (right-left-right)
- 27-30 Left toe/heel to side, two left kicks  
31-34 Step back left, touch right together, step forward right, touch left together
- 35-38 Full turning vine left stepping left-right-left, touch right together  
39-46 Vine right stepping right-left-right, turn ½ right swinging left leg around slow for 2 beats, left together, swivel heels to left, bumping hips twice to left (beats 4-8 hold hat)
- 47-50 Swivel heels to right-left-right, center  
51-56 Shuffle forward right-left-right, pivot ½ right, stomp left, clap

## **REPEAT**

**Finish dance at end of step 11 - 2 left bumps while holding hat**

---