

# Insomnia

**Compte:** 32

**Mur:** 2

**Niveau:** Improver

**Chorégraphe:** Anne Bradbury (AUS)

**Musique:** You're the Reason - Daniel O'Donnell



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## VINE RIGHT STOMP, SIDE SHUFFLE, ROCK RETURN

- 1-4 Step right to right, step left behind right, step right to right, stomp left beside right  
5&6 Side shuffle to the left left, right, left  
7-8 Rock/step right behind left, rock forward onto left

## VINE RIGHT STOMP, ¼ TURN SHUFFLE, ROCK RETURN

- 9-12 Step right to right, step left behind right, step right to right, stomp left beside right  
13&14 Making ¼ right shuffle back left, right, left  
15-16 Rock/step back on right, rock forward onto left

## FORWARD TOGETHER, HEEL SPLIT, STEP BACK STOMP/CLAP, STEP BACK STOMP/CLAP

- 17-18 Step forward on right, step left beside right  
19-20 Twist heels apart, twist heels to center keeping weight on left  
21-22 Step back on right to right diagonal, stomp left beside right and clap  
23-24 Step back on left to left diagonal, stomp right beside left and clap

## BRONCO, BRONCO, ¼ ROCK RETURN, ½ STEP TOUCH

- 25-26 Step right to right, bend left knee across right and slap it with right hand (bronco)  
27-28 Touch left to left side, bend left knee across right and slap it with right hand (bronco)  
29-30 Making ¼ left rock/step forward on left, rock back on right  
31-32 Making ½ left step forward on left, touch right beside left

## REPEAT

## TAG

**At the end of walls 3 and 6 add the following hip bumps**

- 1-2-3-4 Bump hips to the right twice, bump hips to the left twice  
5-6 Bump hips right, bump hips left

**Restart dance from the beginning**

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