

# Insomnia (輾轉難眠) (zh)

COPPER KNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Shaz Walton (UK) - 2008年11月  
音乐: Insomnia - Craig David



前奏 : Count in 32 just before lyrics

**第一段**      **Cross Rock. Recover. Side. Together. Diagonal Steps – Out, Out, In, In** 交叉下沉, 回復, 側併, 外外內內

- 1-2      Cross rock right over left. Recover on left.  
右足於左足前交叉下沉, 左足回復
- 3-4      Step right to right side. Step left beside right.  
右足右踏, 左足併踏
- 5-6      Step right to right diagonal. Step left to left diagonal.  
右足右斜角線踏, 左足左斜角線踏
- 7-8      Step right back. Step left beside right. (Steps 5-8...FUNKY!) [12 o'clock] 右足後踏, 左足併踏(面向12點鐘)

**第二段**      **Side Shuffle. ¼ Left. Forward. Cross. ¼ Left. Side. Forward**  
側交換, 左1/4, 前, 交叉, 左1/4, 側, 前

- 1&2      Step right to right. Step left beside right. Step right to right. (bump hip to right on last count of shuffle)  
右足右踏, 左足併踏, 右足右踏(右推臀)
- 3-4      Step left forward a ¼ left. Step right forward.  
左轉90度左足前踏, 右足前踏
- 5-6      Cross left over right. Step back right ¼ left.  
左足於右足前交叉踏, 左轉90度右足後踏
- 7-8      Step left to left side. Step right forward. (steps 5-8...FUNKY!) [6 o'clock] 左足左踏, 右足前踏(面向6點鐘)

**第三段**      **¼ Cross Shuffle. Step Side. Touch. ¼ Tap, Tap. Step. Step Forward.**  
1/4交叉交換, 側踏, 點, 1/4點 點, 踏, 前踏

- 1&2      Make ¼ left as you cross left over right. Step right to right. Cross left over right.  
左轉90度左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏
- 3-4      Step right to right side. Touch left beside right.  
右足右踏, 左足併點
- 5-6      Make ¼ left as you tap left foot forward twice (funk it up!)  
左轉90度左足前點二次
- 7-8      Step left forward. Step right forward. [12 o'clock]  
左足前踏, 右足前踏(面向12點鐘)

**第四段**      **¼ Shuffle Left. Step ½ Pivot Left. ¼ Side. Touch. Ball. Cross. Side.**  
1/4左交換, 踏左轉1/2, 1/4側, 點, 踏, 交叉, 側

- 1&2      Step left ¼ left. Step right beside left. Step left forward.  
左轉90度左足踏, 右足併踏, 左足前踏
- 3-4      Step forward right. ½ pivot turn left.  
右足前踏, 左轉180度
- 5-6&      Step right to side making ¼ left. Tap left beside right. Step left beside right. 左轉90度右足右踏, 左足併點, 左足併踏

7-8 Cross right over left. Step left to left side. [12 o'clock]  
右足於左足前交叉踏, 左足左踏(面向12點鐘)

**第五段 Sailor Step. Sailor Hold. Ball. Side. Hold. Ball Point.**  
水手步, 水手步, 候, 踏, 側, 候, 踏點

1&2 Cross right behind left. Step left to left. Step right to right.  
右足於左足後交叉踏, 左足左踏, 右足右踏

3&4 Cross left behind right. Step right to right. Step left to left.  
左足於右足後交叉踏, 右足右踏, 左足左踏

5- &6 Hold. Step right beside left. Step left to left.  
候, 右足併踏, 左足左踏

7- &8 Hold. Step right beside left. Point left to left. [12 o'clock]  
候, 右足併踏, 左足左點(面向12點鐘)

**第六段 Step. Switch. Hitch. Big Step. Touch. Back. Back. ½ . ¼.**  
踏, 點, 抬, 大步, 點, 後, 後, 1/2, 1/4

&1 Step left beside right. Point right to right.  
左足併踏, 右足右點

2-3-4 Hitch right knee. Take a big step forward with right. Touch left behind right. 右膝抬, 右足前一大步,  
左足後點

5-6 Step back left. Step back right.  
左足後踏, 右足後踏

7-8 Make ½ turn left stepping left forward. Make ¼ left stepping right to right side. [3 o'clock]  
左轉180度左足前踏, 左轉90度右足右踏(面向3點鐘)

**第七段 ¼. Step Forward. Twist. Return . Coaster ¼ Cross. Hold. Ball. Cross.**  
1/4, 前踏, 扭, 回復, 1/4海岸交叉, 候, 踏, 交叉

1-2 Step left forward ¼ left. Step forward right.  
左轉90度左足前踏, 右足前踏

3-4 Raising heels, twist on balls of feet making approx ½ turn left. Return to original position. 左轉180  
度扭動雙足, 再扭回原位

5&6 Step back right. Step back left. Make ¼ right crossing right over left.  
右足後踏, 左足後踏, 右轉90度右足於左足前交叉踏

7&8 Hold. Step left to left. Cross right over left. [3 o'clock]  
候, 左足左踏, 右足於左足前交叉踏(面向3點鐘)

**第八段 Step. Drag. Kick. Ball Cross. Ball Cross. ¼ Back. Shuffle ½ Turn.**  
踏, 拖, 踢, 踏交叉, 踏交叉, 1/4後, 1/2轉交換

1-2 Step left a big step to left. Drag right in place.  
左足左一大步, 右足拖併

3&4 Kick right to right diagonal. Step right beside left. Cross left over right. 右足右斜角線踢, 右足併踏,  
左足於右足前交叉踏

&5-6 Step right to right. Cross left over right. Step right back ¼ left.  
右足右踏, 左足於右足前交叉踏, 右足後踏左轉90度

7&8 Shuffle ½ turn left stepping left-right-left. [6 o'clock]  
左轉180度交換步-左, 右, 左(面向6點鐘)

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