

# Insomnia

COPPER KNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Lily Ang (SG) - March 2017  
音乐: Insomnia - Craig David



Intro: 32 counts

## Section 1: Jazz Box, Side Rock, Recover, Close, Side Rock, Recover

1-2            Step right across left, Step left back  
3-4            Step right to right side, Cross step left over right  
5&6          Rock out on right to right side, Recover on to left, Step close right beside left  
7-8            Rock out on left to left side, Recover on to right

## Section 2: Cross Rock, Recover, Chasse ¼ Turn L, Pivot ½ Turn L, Walk x2

1-2            Cross rock left over right, Recover back onto right  
3&4            Step left to left side, Close right to left, Step left to left side ¼ Turn left  
5-6            Step forward on right, Pivot ½ turn left  
7-8            Walk forward on right, Walk forward on left

## Section 3: Rock Forward, Back, Back, Coaster Step, Walk x2

1 2&          Rock forward on right, Recover back on left, Step back on right  
3-4            Step back left, Step back right  
5&6            Step back left, Step right next to left, Step forward left  
7-8            Walk forward on right, Walk forward on left

## Section 4: Rock Fwd, Recover, ½ Turn R, Pivot ½ Turn & Rock, Recover, ¼ Turn R Cross

1 2&          Rock forward on right, Recover back on left, ½ right step right forward  
3 4&          Step left on forward, ½ right taking weight right, Left together  
5-6            Step right on forward, Recover back on left  
7-8            ¼ Turn right Stepping right to right side, Cross left over right

## Section 5: Side, Behind, Side, Cross, Sailor Step, Behind, Side, Cross

1 2&          Step right to right side, Step left behind right, Step right to right side  
3-4            Cross left over right, Step right to right side  
5&6            Step left behind right, Step right to right step, Step left to the left  
7&8            Step right behind left, Step left to left side, Cross right over left

## Section 6: Side Rock, Recover, ¼ Turn L Coaster Step, Pivot ¼ Turn L, Cross Shuffle

1-2            Side rock on left, Recover on to right  
3&4            ¼ Turn left Step back left, Step right next to left, Step forward left  
5-6            Step forward on right, Pivot ¼ turn left  
7&8            Cross right over left, Step left to left side, Cross left over right

## Section 7: Side, Together, Shuffle Forward, Coaster Step

1-2            Step left to left side, Step right beside left  
3&4            Shuffle forward left, Stepping left, right, left  
5-6            Rock forward on right, Recover back on left  
7&8            Step back right, Step left next to right, Step forward right

## Section 8: Pivot ½ Turn R, Shuffle Forward, Pivot ½ Turn L x2

1-2            Step forward on left, Pivot ½ turn right  
3&4            Shuffle forward left, Stepping left, right, left

5-6 Step forward on right, Pivot ½ turn left  
7-8 Step forward on right, Pivot ½ turn left

**REPEAT**

**Hope you enjoy the dance**

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