

Insomnia

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Mayee Lee (MY) - November 2017
音乐: Insomnia (Craig David vs. WeeSung Remix) - Craig David



Intro: Start after 32 counts or start at 0.16 seconds

Section 1 : Walk Forward RL, R Out, L Out, Hold, R Back, L Cross, Hold, R Out, L Out, R Heel Fan

12 &34 Step R forward(1), step L forward(2), step R out(&), step L out(3), hold(4) 12.00
&56 &7&8 Step R back(&), cross L(5), hold(6), step R out(&), step L out(7), twice R heel out(&), twice R heel in(8)

Section2 : R Diagonal, Flick L, Cross Touch L, Touch L, Back Body Roll Twice

1 - 4 Step R to diagonal R(1), flick L(2), touch L cross R(3), touch L to L(4) 12.00
&56 &78 Roll body in front(&5), step on L(6), step R beside L(&), touch L to L & roll body in front (&7), step on L(8)

Section 3 : R Kick Ball Cross, R Side, Drag L, Monterey ½ Turn L & Touch R, R Kick Ball Touch

1&2 34 Kick R to diagonal R(1), step R down(&), cross L(2), step R to R(3), drag L beside R(4) 12.00
56 7&8 ½ turn L step L beside R(5)(6.00), touch R to R(6), kick R forward(7), step R down(&), touch L to L(8) 6.00

Section 4 : L Forward, Hitch & Bump ½ Turn L, L Forward, Prissy Walk RLR, L Side

1 2&3 4 Step L forward(1), hitch & bump R hip(2), 1/4 turn L recover on L(&)(3.00), sit on R(3)(3.00), ¼ turn L step L forward(4)(12.00)
5 - 8 Prissy walk forward RLR(5-7), step L to L(8) 12.00

Section 5 : Shoulder Push RL, Step On R, Sit L, Hip Bump Twice, Body Roll

1 - 4 Push shoulder to RL(1-2), step on R(3)(L hand point up to diagonal R), recover & sit on L(4)
(Point L hand down to L Side)
5 - 8 Hip bump to R twice(5-6), body roll(7-8)12.00

Section 6 : Jump Back, R Back, L Back, Jump Feet Together, R Back Sweep L, Behind Side Touch, Knees Up Down

1 - 4 Jump both feet back to diagonal R(1)(1.30), step R L back(2-3), jump both feet back to diagonal R(4)(1.30)
5 6&7 Step R back sweep L(5), step L back to R(6)(12.00), step R to R(&), touch L forward(7)
&8 Both Knees Up(7), both knees down(8) 12.00

Section 7 : R Side, Touch L, L Side, Touch R, R Forward, Mash Potato Back

1 - 5 Step R to R(1), touch L beside R(2), step L to L(3), touch R beside L(4), step R forward(5)
6&7&8 Spilt both heels out(6), heels in with R behind L(&), split both heels out(7), heels in with L behind R(&), jump both feet apart(8) 12.00

(Easy option : Walk back LRL(6-8))

Section 8 : R Out, L Out, R In, L Forward, R Forward, ½ Turn L, R Forward, L Forward

1 2&3 4 Step R out(1), step L out(2), step R in(&), step L forward(3), hold(4)
5 - 8 Step R forward(5), ½ turn L step on L(6), walk forward RL (7-8) 6.00

Ending : Wall 7 (12.00), dance 32 counts, ½ turn L step R to R & pose

No Tag No Restart !

Contact : mayeeleeyy@gmail.com

