

Insomniac

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Jean-Pierre Madge (CH) & Tim Johnson (UK) - February 2018
音乐: Insomniac - Timeflies



Kick and Touch, Touch, Touch, Hitch, Coaster Step, ¼ L Kick and Touch.

1&2 Kick R forward (1), Step R next L (&), Touch L forward (2),
3-4& Touch L to L (3), Touch L behind (4), Hitch L (&),
5&6 Step L back (5), R next L (&), Step L forward (6),
7&8 ¼ L and Kick R forward (7), Step R to R (&), Touch L behind R (8).

Touch and Slide, Touch and Slide, Paddle ½ turn, Lock, Unwind.

1&2& Touch L to L (1), Touch L next to R (&), Big step L to L (2), Touch R next L (&),
3&4 Touch R to R (3), Touch R next L (&), Big step R to R (4),
5-6 Weight is on your R while doing ¼ R Step L out (5), ¼ R Step L out ending with weight on L (6),
7-8 Lock R behind L (7), ½ R unwind both feet (8) weight is on R.

Hitch Step, Hitch Step, Mambo forward, Arms push.

1-2 Hitch L up (1), Step L forward (2),
3-4 Hitch R up (3), Step R forward (4) you are walking like a robot,
5&6 Step L forward (5), Step R in place (&), Step L behind (6),
7&8 Raise R arm up and open your hand like you are ready to push a wall (7), Do the same with L arm (&) Push the wall and do a big R step back (8).

Out-Out knee pop, and Cross knee pop, Rock and Cross, Chassé ¼ L

&1&2 Step L out back (&), Step R out (1), Pop knees forward as you lift heels up (&), Pop knees back as you bring heels down (2),
&3&4 Step R next L (&), Cross L over R (3), Pop knees forward as you lift heels up (&), Pop knees back as you bring heels down (4),
5&6 Rock R to R (5), Recover on L (&) Cross L over R (6),
7&8 ¼ L step L forward (7), Step R slightly behind L (&) Step L forward (8).

Start again and have fun!

For any questions please contact us:

Tim Johnson : timbo_84@hotmail.com
Jean-Pierre Madge : jean-pierremm@bluewin.ch