

# Insomniac

拍数: 32      墙数: 2      级数: Intermediate  
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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:

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