

Insomnia

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Mathew Sinyard (UK) - July 2021
音乐: Insomnia - Daya



Intro: 32 Counts - 1 Restart & 1 Tag

Section 1 Walk x2, Ball Lock Step, Rock Recover, Touch Back Unwind 1/2.

1 2 Step forward right, left.
& 3 4 Step forward on ball of right, lock left behind right, step forward right.
5 6 Rock forward on left, recover on to right.
7 8 Touch left toe back, unwind 1/2 turn left on to left.

Section 2 Ball 1/4 Side, Behind Side Cross, Side Rock Recover, Cross Shuffle.

& 1 2 Step on ball of right, make a 1/4 turn left stepping left forward, step right to side.
3 & 4 Cross left behind right, step right to side, cross left in front of right.
5 6 Rock right to right side, recover on to left.
7 & 8 Cross right in front of left, small step left to left side, cross right over left.

Section 3 Ball 1/8, Forward Rock Recover, Coaster Step, Step, 1/2 Back, Shuffle 5/8.

& 1 2 Step on ball of left making 1/8 turn left, rock forward on right, recover on to left.
3 & 4 Step back on right, step left beside right, step forward right.
5 6 Step forward left, make a 1/2 turn left stepping back on to right.
7 & 8 Shuffle 5/8 turn left stepping L-R-L.

*** Optional Styling***

On walls 3 & 7 when she sings 'tossing & turning' change the coaster step to a triple full turn right

Section 4 Cross Hold, Ball Behind Hold, Ball Cross 1/4 Back, Shuffle Half, Ball Step.

1 2 Cross Right in front of left, hold.
& 3 4 Step on ball of left, cross right behind left, hold.
5 6 Step on ball of left, cross right in front of left, make 1/4 turn right stepping back on left
7 & 8 & Shuffle 1/2 turn right stepping R-L-R, step on ball of left.

****Tag End of Wall 5 - Rocking Chair.**

1 - 4 Rock forward on to right, recover left, rock back on to right, recover left.

****Restart On Wall 6 dance sections 1 - 3 followed by these 4 counts then start again.**

1 2 Cross Right in front of left, hold.
& 3 4 Step on ball of left, cross right behind left, step left to left side.

Ending - Wall 9 - Change the shuffle 1/2 in section 4 to a 3/4 shuffle to finish facing 12:00.

Have Fun & Enjoy X.