

# Feels Like Insomnia

**COPPER**KNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Improver  
编舞者: Hotma Tiarma Purba (INA) - March 2024  
音乐: Insomnia - Craig David



No tag or restart

## I. DIAGONAL STEP, TAP, DIAGONAL BACK, KICK, BACK, CROSS, BACK, TOUCH

1-2      Step R diagonal right, tap L behind R  
3-4      Step L back diagonal, kick R  
5-6      Step R back, cross L over R  
7-8      Step R back, touch L beside R

## II. SHUFFLE, $\frac{3}{4}$ L PIVOT, CHASSE, SAILOR STEP

1&2      Step L forward, close R beside L, step L forward  
3-4      Step R forward,  $\frac{3}{4}$  turn left step L in place (3.00)  
5-6      Step R to side, close L beside R, step R to side  
7&8      Cross L behind R, step R next to L, step L to side

## III. HOLD, SIDE, HOLD, SIDE, CROSS POINT, SIDE POINT, ROCK BACK

1&2      Hold, close R beside L, step L to side  
3&4      Hold, close R beside L, step L to side  
5-6      Cross touch R over L, touch R to side  
7-8      Rock R back, recover on L

## IV. ROCK SIDE, BEHIND, SIDE, CROSS, (R-L)

1-2      Rock R to side, recover on L  
3&4      Cross R behind L, step L to side, cross R over L  
5-6      Rock L to side, recover on R  
7&8      Cross L behind R, step R to side, cross L over R

Enjoy the dance!!

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