

# Insomnia

拍数: 56      墙数: 0      级数:  
编舞者: Dion Thomas (AUS) & Val Thomas (AUS)  
音乐: All You Ever Do Is Bring Me Down - The Mavericks



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- 1-4            Bronco twists right, center, left, center  
5-8            Left Monterey turn (left toe to side, turn ½ left, together, right toe to side, together)
- 9-12          Vine left (left-right-left), stomp right  
13-16        Kick right & swing across left, kick right & swing across left
- 17-18        Step forward on right, stomp left  
19-22        Kick left & swing across right, kick left & swing across right  
23-26        Shuffle to side turning body to the left stepping left-right-left, then to the right (right-left-right)
- 27-30        Left toe/heel to side, two left kicks  
31-34        Step back left, touch right together, step forward right, touch left together
- 35-38        Full turning vine left stepping left-right-left, touch right together  
39-46        Vine right stepping right-left-right, turn ½ right swinging left leg around slow for 2 beats, left together, swivel heels to left, bumping hips twice to left (beats 4-8 hold hat)
- 47-50        Swivel heels to right-left-right, center  
51-56        Shuffle forward right-left-right, pivot ½ right, stomp left, clap

## REPEAT

Finish dance at end of step 11 - 2 left bumps while holding hat

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