

Insomnia

拍数: 32 墙数: 2 级数: Improver
编舞者: Anne Bradbury (AUS)
音乐: You're the Reason - Daniel O'Donnell



VINE RIGHT STOMP, SIDE SHUFFLE, ROCK RETURN

1-4 Step right to right, step left behind right, step right to right, stomp left beside right
5&6 Side shuffle to the left left, right, left
7-8 Rock/step right behind left, rock forward onto left

VINE RIGHT STOMP, ¼ TURN SHUFFLE, ROCK RETURN

9-12 Step right to right, step left behind right, step right to right, stomp left beside right
13&14 Making ¼ right shuffle back left, right, left
15-16 Rock/step back on right, rock forward onto left

FORWARD TOGETHER, HEEL SPLIT, STEP BACK STOMP/CLAP, STEP BACK STOMP/CLAP

17-18 Step forward on right, step left beside right
19-20 Twist heels apart, twist heels to center keeping weight on left
21-22 Step back on right to right diagonal, stomp left beside right and clap
23-24 Step back on left to left diagonal, stomp right beside left and clap

BRONCO, BRONCO, ¼ ROCK RETURN, ½ STEP TOUCH

25-26 Step right to right, bend left knee across right and slap it with right hand (bronco)
27-28 Touch left to left side, bend left knee across right and slap it with right hand (bronco)
29-30 Making ¼ left rock/step forward on left, rock back on right
31-32 Making ½ left step forward on left, touch right beside left

REPEAT

TAG

At the end of walls 3 and 6 add the following hip bumps

1-2-3-4 Bump hips to the right twice, bump hips to the left twice
5-6 Bump hips right, bump hips left

Restart dance from the beginning