拍数： 64
墥数： 2
级数：Intermediate
编舞者：Shaz Walton（UK）－November 2008
音乐：Insomnia－Craig David

## Count in 32 just before lyrics

## Cross Rock．Recover．Side．Together．Diagonal Steps－Out，Out，In，In

1－2 Cross rock right over left．Recover on left．

3－4 Step right to right side．Step left beside right．
5－6 Step right to right diagonal．Step left to left diagonal．
7－8 Step right back．Step left beside right．（Steps 5－8．．．FUNKY！）［12 o＇clock］
Side Shuffle． $1 / 4$ Left．Forward．Cross． $1 / 4$ Left．Side．Forward
1\＆2 Step right to right．Step left beside right．Step right to right．（bump hip to right on last count of shuffle）
3－4 Step left forward a $1 / 4$ left．Step right forward．
5－6 Cross left over right．Step back right $1 / 4$ left．
7－8 Step left to left side．Step right forward．（steps 5－8．．．FUNKY！）［6 o＇clock］
$1 / 4$ Cross Shuffle．Step Side．Touch． $1 / 4$ Tap，Tap．Step．Step Forward．
$1 \& 2 \quad$ Make $1 / 4$ left as you cross left over right．Step right to right．Cross left over right．
3－4 Step right to right side．Touch left beside right．
5－6 Make $1 / 4$ left as you tap left foot forward twice（funk it up！）
7－8 Step left forward．Step right forward．［12 o＇clock］
$1 / 4$ Shuffle Left．Step $1 / 2$ Pivot Left． $1 / 4$ Side．Touch．Ball．Cross．Side．
$1 \& 2 \quad$ Step left $1 / 4$ left．Step right beside left．Step left forward．
3－4 Step forward right． $1 / 2$ pivot turn left．
5－6\＆$\quad$ Step right to side making $1 / 4$ left．Tap left beside right．Step left beside right．
7－8 Cross right over left．Step left to left side．［12 o＇clock］
Sailor Step．Sailor Hold．Ball．Side．Hold．Ball Point．
$1 \& 2 \quad$ Cross right behind left．Step left to left．Step right to right．
$3 \& 4 \quad$ Cross left behind right．Step right to right．Step left to left．
5－\＆6 Hold．Step right beside left．Step left to left．
7－\＆8 Hold．Step right beside left．Point left to left．［12 o＇clock］
Step．Switch．Hitch．Big Step．Touch．Back．Back．½．1／4．
\＆1 Step left beside right．Point right to right．
2－3－4 Hitch right knee．Take a big step forward with right．Touch left behind right．
5－6 Step back left．Step back right．
7－8 Make $1 / 2$ turn left stepping left forward．Make $1 / 4$ left stepping right to right side．［3 o＇clock］
1／4．Step Forward．Twist．Return ．Coaster $1 / 4$ Cross．Hold．Ball．Cross．
1－2 Step left forward $1 / 4$ left．Step forward right．
3－4 Raising heels，twist on balls of feet making approx $1 / 2$ turn left．Return to original position．
5\＆6
Step back right．Step back left．Make $1 / 4$ right crossing right over left．
7\＆8
Hold．Step left to left．Cross right over left．［3 o＇clock］
Step．Drag．Kick．Ball Cross．Ball Cross． $1 / 4$ Back．Shuffle $1 / 2$ Turn．
1－2 Step left a big step to left．Drag right in place．
$3 \& 4 \quad$ Kick right to right diagonal．Step right beside left．Cross left over right．

