

Insomnia

拍数: 64 墙数: 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. ¼ Left. Forward. Cross. ¼ 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 ¼ left. Step right forward.
- 5-6 Cross left over right. Step back right ¼ left.
- 7-8 Step left to left side. Step right forward. (steps 5-8...FUNKY!) [6 o'clock]

¼ Cross Shuffle. Step Side. Touch. ¼ Tap, Tap. Step. Step Forward.

- 1&2 Make ¼ 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 ¼ left as you tap left foot forward twice (funk it up!)
- 7-8 Step left forward. Step right forward. [12 o'clock]

¼ Shuffle Left. Step ½ Pivot Left. ¼ Side. Touch. Ball. Cross. Side.

- 1&2 Step left ¼ left. Step right beside left. Step left forward.
- 3-4 Step forward right. ½ pivot turn left.
- 5-6& Step right to side making ¼ 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 Cross right behind left. Step left to left. Step right to right.
- 3&4 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 . ¼.

- &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 ½ turn left stepping left forward. Make ¼ left stepping right to right side. [3 o'clock]

¼. Step Forward. Twist. Return . Coaster ¼ Cross. Hold. Ball. Cross.

- 1-2 Step left forward ¼ left. Step forward right.
- 3-4 Raising heels, twist on balls of feet making approx ½ turn left. Return to original position.
- 5&6 Step back right. Step back left. Make ¼ 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. ¼ Back. Shuffle ½ Turn.

- 1-2 Step left a big step to left. Drag right in place.
- 3&4 Kick right to right diagonal. Step right beside left. Cross left over right.

&5-6 Step right to right. Cross left over right. Step right back $\frac{1}{4}$ left.
7&8 Shuffle $\frac{1}{2}$ turn left stepping left-right-left. [6 o'clock]
