

# I Can't Sleep

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 2  
编舞者: Amy Christian (USA) - April 2009  
音乐: Insomnia - Craig David

级数: Easy Intermediate



Intro: 32 Count,

## ½ R Sailor, Step, Touch, ¼ Turn Slides X 4

1&2            Sweep & step R foot behind L foot, turning R & facing 4 o'clock(1), Step L foot to L side (6 o'clock)(&), Step R to R side(6 o'clock)(2),  
3-4            Step L foot fwd, Touch R foot next L foot,  
5-6.           1 ¼ Turn left, Step R foot to R side, ¼ Turn left, Step L foot to L side,  
7-8.           1 ¼ Turn left, Step R foot to R side, ¼ Turn left, Step L foot to L side,(6 o'clock),  
(Counts 5-8 should be done in Sliding Motion)

## Cross Rock, Cross Rock, Pivot ¼, Cross Shuffle,

1&2            Step R foot across L foot, Recover on L foot, Step R foot to R side,  
3&4            Step L foot across R foot, Recover on R foot, Step L foot to L side,  
5-6.           1 Step fwd on R foot, Pivot a ¼ turn left on L foot, (3 o'clock)  
7&8            Cross R foot over L foot, Step L foot slightly to L side, Cross R foot over L foot,

## Touch Side, Kick, Together, Out, Look R, Twist ¼, Lean Fwd, Lean Further, Straighten,

1-2&           Touch L foot to L side, kick L foot forward, Step L foot next to R foot(&),  
3-4            Step R foot to right side(moving to right)(3), Turn head sharply right(4),  
5              Twisting on both feet, ¼ Turn right(6 o'clock),  
5-6.           1 Lean upper body forward, keeping back straight, Looking forward,  
7-8            Lean upper body further forward(7), Straighten up(8),  
(For counts 4-8 – should have the “stiff” feel, like a Mannequin or Robot)

## R Coaster, Fwd Shuffle, ¼ R Sailor, ¼ L Sailor,

1&2            R Coaster Step,  
3&4            Shuffle fwd L,R,L,  
5&6            ¼ Turn right with a R Sailor step, (9 o'clock)  
7&8            ¼ Turn left with a L Sailor step, (6 o'clock)

(Easy option – for counts 5&6 and 7&8 – Do Sailor steps without turns)

Start again!

## The Finish - The last wall will bring you to the front wall, as music fades, just add, Cross, Ball, Cross, Ball, Cross, Ball, Cross, Making A Full Turn.

1&            ¼ turn R, crossing R foot over left(1), Step on Ball of L foot behind R foot, slightly to L side, making ¼ turns(&),  
2&3&4        Repeat the above steps, till you face the front wall.  
Or just add a R Sailor without a turn.

-----Enjoy-----

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