

# Insomnia

**COPPER KNOB**  
BY STEPHEN METZ

拍数: 32                      墙数: 2                      级数: Easy Intermediate  
编舞者: Annie Bradbury (AUS) - November 2009  
音乐: You're the Reason - Daniel O'Donnell



**Intro: He sings You're the reason I don't sleep at night.. I just lay here...Start dance on the word 'lay'**

## **Vine Right Stomp, Side Shuffle, Rock Return**

1,2,3,4                      Step R to right, Step L behind R, Step R to right, Stomp L beside R  
5&6                          Side Shuffle to the left L,R,L  
7,8                            Rock/step R behind L, Rock fwd onto L

## **Vine Right Stomp, 1/4 Turn Shuffle, Rock Return**

9,10,11,12                  Step R to right, Step L behind R, Step R to right, Stomp L beside R  
13&14                        Making 1/4 right shuffle back L,R,L  
15,16                         Rock/step back on R, Rock fwd onto L

## **Fwd Together, Heel Split, Step Back Stomp/Clap, Step Back Stomp/Clap**

17,18                         Step fwd on R, Step L beside R  
19,20                         Twist heels apart, Twist heels to centre keeping wt on L  
21,22                         Step back on R to right diagonal, Stomp L beside R and clap  
23,24                         Step back on L to left diagonal, Stomp R beside L and clap

## **Bronco, Bronco, 1/4 Rock Return, 1/2 Step Touch**

25,26                         Step R to right, Bend L knee across R and slap it with R hand (bronco)  
27,28                         Touch L to left side, Bend L knee across R and slap it with R hand (bronco)  
29,30                         Making 1/4 left rock/step fwd on L, Rock back on R  
31,32                         Making 1/2 left step fwd on L, Touch R beside L

## **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**

When Jan asked me to write a dance to this song I wasn't too sure about it, but after listening to it a few times it occurred to me that it would be a perfect little dance for my class. It's an old song but it will stay around for a long time I think. Hope you enjoy the dance and this rendition of an old song by Daniel O'Donnell.

Happy Dancing... Annie

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Further information from Jan Wyllie's website <http://www.members.iinet.net.au/~janwyllie>