

Insomnia

COPPER **NOB**
BY STEPHEN BRETZ

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>