

# Insomniac

COPPER KNOB  
STEPSHEETS

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Roxy Moates & Bill Larson (AUS) - March 2015  
音樂: Ring My Bells - Enrique Iglesias : (CD: Insomniac)



**Weight on Left, Start 32 counts on vocals - Turning CCW - V1 03.03.15**

**Intro: □ Step 1/4 Turn Step Recover, Ball Step Drag Back Rock**

1,2            Step R forward, turning 1/4 turn L, Recover weight on L (9:00)  
3,4            Step R forward, Recover weight onto L  
&5,6          Step R beside L, Big step L to side, Drag R up beside L  
7,8            Step back onto R, Recover weight forward onto L

**Repeat 3x to start dance facing 12:00**

**S1. □ Cross Back Side Shuffle Forward, Step Pivot Shuffle Forward**

1,2,3          Cross / Step R over L, Step back on L, Step R to right side  
4&5            Shuffle forward: Stepping L,R,L  
6,7            Step R forward, Pivot turn 1/2 turn L keep weight onto R (6:00)  
8&1            Shuffle forward: Stepping L,R,L

**S2. □ Forward Rock Coaster Step, Step 1/4 Turn Cross Turn Turn**

2,3            Step forward on R, Recover weight back onto L  
4&5            Coaster Step: Step back on R, Step L beside R, Step forward on R  
6,7            Step forward on L, turning 1/4 R, Rock weight onto R (9:00)  
8&1            Cross / Step L over R, turning 1/4 L, Step back on R (6:00), turning 1/4 L, Big step L to side (3:00)

**S3. □ Back Rock Shuffle Forward, Hold Recover Back Turn Touch**

2,3            Step back on R, Recover weight forward onto L  
4&5            Shuffle forward: Stepping R,L,R  
6,7            Hold rolling weight forward over R foot, Recover weight back onto L  
8&1            Step back onto R, turning 1/4 L, Step L to side (12:00), Touch / Point R to side

**S4. □ Hold Ball Cross Hold Ball Cross, Side Recover Behind Turn Step**

2&3            Hold, Step R slightly behind L, Cross / Step L over R  
4&5            Hold, Step R slightly behind L, Cross / Step L over R  
6,7            Rock / Sway R to side, Rock / Sway weight onto L  
8&1            Step R behind L, Step L forward into left corner (11:00), Step forward onto R

**S5. □ Hold Pivot Hold Shuffle Turn, Step Unwind, Forward Rock, Full Turn Back, Step Cross Step**

2,3,4          Hold, Pivot 1/2 turn L (5:00), Hold  
5&6            turning 1/4 turn L, Step R to side (2:00), turning 1/4 turn L, Step L beside R (11:00), Step back on R  
7,8            turning 1/2 turn L, Step L forward (5:00), Step forward onto R

**S6. □ Rock Sweep Sailor Cross, Step Drag Ball Cross Sweep**

1,2            Recover weight onto L, Sweep R foot in an arc to the side while turning R to face 9:00  
3&4            Step R behind L, Step L to side, Cross / Step R over L  
5,6            Big step L to side, Drag R up to L  
&7            Step R slightly behind L, Cross / Step L over R  
8              Sweep R to the side then forward (lifting the foot in preparation to start again)

**Tag: After wall 4 (facing 12:00) Repeat 2 sets of the 8 Count intro to restart the dance (now facing 6:00)**

(email: [bill\\_larson@hotmail.com](mailto:bill_larson@hotmail.com) / [allstarroxie@hotmail.com](mailto:allstarroxie@hotmail.com) )

---