

Insomnia

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Lily Ang (SG) - March 2017
音樂: Insomnia - Craig David



Intro: 32 counts

Section 1: Jazz Box, Side Rock, Recover, Close, Side Rock, Recover

1-2 Step right across left, Step left back
3-4 Step right to right side, Cross step left over right
5&6 Rock out on right to right side, Recover on to left, Step close right beside left
7-8 Rock out on left to left side, Recover on to right

Section 2: Cross Rock, Recover, Chasse ¼ Turn L, Pivot ½ Turn L, Walk x2

1-2 Cross rock left over right, Recover back onto right
3&4 Step left to left side, Close right to left, Step left to left side ¼ Turn left
5-6 Step forward on right, Pivot ½ turn left
7-8 Walk forward on right, Walk forward on left

Section 3: Rock Forward, Back, Back, Coaster Step, Walk x2

1 2& Rock forward on right, Recover back on left, Step back on right
3-4 Step back left, Step back right
5&6 Step back left, Step right next to left, Step forward left
7-8 Walk forward on right, Walk forward on left

Section 4: Rock Fwd, Recover, ½ Turn R, Pivot ½ Turn & Rock, Recover, ¼ Turn R Cross

1 2& Rock forward on right, Recover back on left, ½ right step right forward
3 4& Step left on forward, ½ right taking weight right, Left together
5-6 Step right on forward, Recover back on left
7-8 ¼ Turn right Stepping right to right side, Cross left over right

Section 5: Side, Behind, Side, Cross, Sailor Step, Behind, Side, Cross

1 2& Step right to right side, Step left behind right, Step right to right side
3-4 Cross left over right, Step right to right side
5&6 Step left behind right, Step right to right step, Step left to the left
7&8 Step right behind left, Step left to left side, Cross right over left

Section 6: Side Rock, Recover, ¼ Turn L Coaster Step, Pivot ¼ Turn L, Cross Shuffle

1-2 Side rock on left, Recover on to right
3&4 ¼ Turn left Step back left, Step right next to left, Step forward left
5-6 Step forward on right, Pivot ¼ turn left
7&8 Cross right over left, Step left to left side, Cross left over right

Section 7: Side, Together, Shuffle Forward, Coaster Step

1-2 Step left to left side, Step right beside left
3&4 Shuffle forward left, Stepping left, right, left
5-6 Rock forward on right, Recover back on left
7&8 Step back right, Step left next to right, Step forward right

Section 8: Pivot ½ Turn R, Shuffle Forward, Pivot ½ Turn L x2

1-2 Step forward on left, Pivot ½ turn right
3&4 Shuffle forward left, Stepping left, right, left

5-6 Step forward on right, Pivot ½ turn left
7-8 Step forward on right, Pivot ½ turn left

REPEAT

Hope you enjoy the dance

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