

“Country Linedancer”



Insomnia

Choreographer: **Silvia Schill**

Music: **Insomnia by Daya**

Count: 32

Wall: 4

Level: Improver Line Dance

The dance begins on vocals

Shuffle Back Turning $\frac{1}{2}$ R, Shuffle Forward Turning $\frac{1}{2}$ R, Rock Back, $\frac{1}{2}$ Turn L, $\frac{1}{4}$ Turn L

- 1&2 $\frac{1}{4}$ Turn right around and step with RF to right side - LF beside RF, $\frac{1}{4}$ turn right around and step forward with RF (stretch arms to the side and circle in opposite direction) (6 o'clock)
- 3&4 $\frac{1}{4}$ Turn right around and step with LF to left side - RF beside LF, $\frac{1}{4}$ Turn right around and step back with LF (arms as in '1&2') (12 o'clock)
- 5-6 Step back with RF - weight back on the LF
- 7-8 $\frac{1}{2}$ Turn left and step back with RF - $\frac{1}{4}$ Turn left around and step with LF to left side (3 o'clock)

Shuffle Across, Rock Side, Behind, Hold-Side-Shuffle Across

- 1&2 Cross RF far over LF - small step with LF to left side and cross RF far over LF
- 3-4 Step with LF to left side - weight back on RF
- 5-6 Cross LF behind RF - hold
- & small step with RF to right side
- 7&8 Cross LF far over RF - small step with RF to right side and cross LF far over RF

$\frac{1}{8}$ Turn R/Heel-Ball-Change 2x, Rock Forward & Touch, Flick

- 1&2 $\frac{1}{8}$ turn right around and tap right heel in front - RF beside LF and step on the spot with LF (4:30)
- 3&4 Same as 1&2 (6 o'clock)
- 5-6 Step forward with RF - weight back on LF
- &7-8 Pull/set RF to the LF and touch LF next to RF - LF bounce backwards (make a little jump)

Shuffle Forward, Step, Pivot $\frac{1}{2}$ L, Step, Pivot $\frac{1}{4}$ L, Rock Forward

- 1&2 Step forward with LF - RF beside LF and step forward with LF
- 3-4 Step forward with RF - $\frac{1}{2}$ turn left around on both balls, weight at end on LF (12 o'clock)
- 5-6 Step forward with RF - $\frac{1}{4}$ turn left around on both balls, weight at end LF (9 o'clock)
- 7-8 Step forward with RF - weight back on LF

And don't forget to smile, because dancing is fun!

There is no guarantee for errors in the translation, content, spelling, etc.!

Country Linedancer Berlin-Brandenburg e. V.

www.country-linedancer.de