|  |  |
| --- | --- |
| Insomniac |  |

.

|  |
| --- |
| . |
| **Count:** | 48 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Roxy Moates & Bill Larson (AUS) - March 2015 |
| **Music:** | 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 / allstarroxie@hotmail.com )**