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| Insomnia |  |

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| . |
| **Count:** | 64 | **Wall:** | 2 | **Level:** | Intermediate | . |
| **Choreographer:** | Lily Ang (SG) - March 2017 |
| **Music:** | 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 |

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| --- | --- |
| 3-4 | Step right to right side, Cross step left over right |

|  |  |
| --- | --- |
| 56& | 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**

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| --- | --- |
| 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**

**Contact: lily\_ang1382@yahoo.com.sg**