

Insomniac

COPPER KNOB

Count: 48 Wall: 4 Level: Intermediate

Choreographer: Roxy Moates & Bill Larson, March 2015

Music: Ring My Bell by Enrique Iglesias. CD: Insomniac - 3:55 (114 bpm)



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)