

Insomnia (불면증)

COPPER **KNOB**
STEPSHEETS

Count: 64

Wall: 4

Level: Improver

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Music: Insomnia (불면증) - Realslow (휘성)



***Intro: 32counts**

[SEC 1] Dorothy, Dorothy, Step, 1/4 Heel Bounce

1 2& RF Step forward diagonal, LF Cross behind, RF Step forward diagonal
3 4& LF Step forward diagonal, RF Cross behind, LF Step forward diagonal
5 6 RF Step forward, BF 1/8 Turn L Bounce Heel
7 8 BF 1/8 Turn L Bounce Heel, BF Jump together

[SEC 2] Charleston Step, 1/4 Jazz Box, Cross

1 2 RF Step forward, LF Kick forward
3 4 LF Step back, RF Touch back
5 6 RF Cross over, LF 1/8 turn R Step back
7 8 RF 1/8 turn R Step side, LF Cross over

[SEC 3] Weave, Step, Point, Step, Point

1 2 RF Step side, LF Step behind
3 4 RF Step side, LF Cross over
5 6 RF Step side, LF Touch toe across R
7 8 LF Step side, RF Touch toe across L

[SEC 4] 1/4 Pivot x2, Paddle Turn x4

1 2 RF Step forward, LF 1/4 Turn L Step side
3 4 RF Step forward, LF 1/4 Turn L Step side
5 6 RF 1/4 Turn L Touch side, RF 1/4 Turn L Touch side
7 8 RF 1/4 Turn L Touch side, RF 1/4 Turn L Touch side

[SEC 5] Cross, Side, Sailor Step (R, L)

1 2 RF Cross over, LF Step side
3&4 RF Step Behind, LF Step side, RF Step side
5 6 LF Cross over, RF Step side
7&8 LF Step Behind, RF Step side, LF Step side

[SEC 6] Walk x3, Kick, Touch, Step, Together, Back, Touch

1 2 RF Step forward, LF Step forward
3 4 RF Step forward, LF Kick forward
5 6& LF Touch back start body roll, LF Step back finish body roll, RF Step together
7 8 LF Step back with body roll, RF Touch together

[SEC 7] Vine Step, Touch, Rolling Shuffle

1 2 RF Step side, LF Step Behind
3 4 RF Step side, LF Touch side
5 6 LF 1/4 Turn L Step forward, RF 1/2 Turn L Step back
7&8 LF 1/4 Turn L Step side, RF Step together, LF Step side

[SEC 8] Cross, Point, Cross, Point, 1/4 Jazz Box, Forward

1 2 RF Cross over, LF Touch side
3 4 LF Cross over, RF Touch side

5 6 RF Cross over, LF 1/8 turn R Step back
7 8 RF 1/8 turn R Step side, LF Step forward

***Restart: After 32counts on 5wall**

***After 6wall, repeat the last 32counts.**
