

# Insommania

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Zoe Ruston (UK) & John "Growler" Rowell (UK)

**Music:** Self Control (W.C./Euro-Mix) - First Love



## HIPS FORWARD - BACK, RIGHT SHUFFLE, TAP-TURN-&, STEP, TOUCH

- 1-2 Small step forward on right bumping hips forward, bump hips back
- 3&4 Step forward right, (&)step left next to right, step forward right
- 5-6 Tap left toe behind right side of right foot, step left back quarter turn right
- &7-8 (&)Step right quarter turn right, step forward left, touch right next to left

## MODIFIED MONTEREY TURNS, HIP ROLLS

- 9-10 Tap right to right, hold
- &11-12 (&)Half turn right on ball of left stepping right next to left, tap left to left, hold
- &13 (&)Half turn left on ball of right stepping left next to right, tap right to right
- &14 (&)Half turn right on ball of left stepping right next to left, tap left to left
- 15-16 Roll hips to the left over two beats

**Restart from here on wall 8 only**

## CROSS SHUFFLE, THREE QUARTER TURN, ROCK FORWARD, RECOVER, SWEEP, SWEEP

- 17&18 Cross left over front of right, (&)step right to right, cross left over front of right
- 19-20 Step right to right quarter turn left, pivot half turn left on ball of right stepping forward left
- 21-22 Rock forward on right, recover weight to left
- 23-24 Sweep right behind left taking weight, sweep left behind right taking weight

## OUT-OUT, SLIDE TOGETHER, LEFT, HALF TURN, STEP, HALF TURN, HALF TURN, STEP FORWARD

- &25 (&)Step right to right, step left to left
- 26 Slide both feet together taking weight on right
- 27-28 Step forward left, pivot half turn left on ball of left hitching right
- 29-30 Step forward right, pivot half turn right on ball of right stepping back left
- 31-32 Pivot half turn right on ball of left stepping forward right, step forward left

## REPEAT

On the 7th wall the music has changed to a steady rhythm. Continue dancing this wall as normal. On the 8th wall (3:00), restart the dance after count 16, (hip rolls, facing 3:00) by stepping left to right on an (&) count and then starting the dance again from count 1 as the vocals restart

**Easy options for counts 13-14**

## SWITCHES, RIGHT & LEFT

- &13 Step left next to right, tap right to right
- &14 Step right next to left, tap left to left