

Insomnia

Count: 32

Wall: 2

Level: Improver

Choreographer: Anne Bradbury (AUS)

Music: You're the Reason - Daniel O'Donnell



VINE RIGHT STOMP, SIDE SHUFFLE, ROCK RETURN

- 1-4 Step right to right, step left behind right, step right to right, stomp left beside right
- 5&6 Side shuffle to the left left, right, left
- 7-8 Rock/step right behind left, rock forward onto left

VINE RIGHT STOMP, ¼ TURN SHUFFLE, ROCK RETURN

- 9-12 Step right to right, step left behind right, step right to right, stomp left beside right
- 13&14 Making ¼ right shuffle back left, right, left
- 15-16 Rock/step back on right, rock forward onto left

FORWARD TOGETHER, HEEL SPLIT, STEP BACK STOMP/CLAP, STEP BACK STOMP/CLAP

- 17-18 Step forward on right, step left beside right
- 19-20 Twist heels apart, twist heels to center keeping weight on left
- 21-22 Step back on right to right diagonal, stomp left beside right and clap
- 23-24 Step back on left to left diagonal, stomp right beside left and clap

BRONCO, BRONCO, ¼ ROCK RETURN, ½ STEP TOUCH

- 25-26 Step right to right, bend left knee across right and slap it with right hand (bronco)
- 27-28 Touch left to left side, bend left knee across right and slap it with right hand (bronco)
- 29-30 Making ¼ left rock/step forward on left, rock back on right
- 31-32 Making ½ left step forward on left, touch right beside left

REPEAT

TAG

At the end of walls 3 and 6 add the following hip bumps

- 1-2-3-4 Bump hips to the right twice, bump hips to the left twice
- 5-6 Bump hips right, bump hips left

Restart dance from the beginning
