

Feels Like Insomnia

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Hotma Tiarma Purba (INA) - March 2024
音乐: Insomnia - Craig David



No tag or restart

I. DIAGONAL STEP, TAP, DIAGONAL BACK, KICK, BACK, CROSS, BACK, TOUCH

- 1-2 Step R diagonal right, tap L behind R
- 3-4 Step L back diagonal, kick R
- 5-6 Step R back, cross L over R
- 7-8 Step R back, touch L beside R

II. SHUFFLE, $\frac{3}{4}$ L PIVOT, CHASSE, SAILOR STEP

- 1&2 Step L forward, close R beside L, step L forward
- 3-4 Step R forward, $\frac{3}{4}$ turn left step L in place (3.00)
- 5-6 Step R to side, close L beside R, step R to side
- 7&8 Cross L behind R, step R next to L, step L to side

III. HOLD, SIDE, HOLD, SIDE, CROSS POINT, SIDE POINT, ROCK BACK

- 1&2 Hold, close R beside L, step L to side
- 3&4 Hold, close R beside L, step L to side
- 5-6 Cross touch R over L, touch R to side
- 7-8 Rock R back, recover on L

IV. ROCK SIDE, BEHIND, SIDE, CROSS, (R-L)

- 1-2 Rock R to side, recover on L
- 3&4 Cross R behind L, step L to side, cross R over L
- 5-6 Rock L to side, recover on R
- 7&8 Cross L behind R, step R to side, cross L over R

Enjoy the dance!!

Contact: hottiepurba@yahoo.com