



# ***INSOMNIA***

Choreographed by: Shaz Walton (Nov 08)  
Music: **Insomnia** by **Craig David** (CD: 128bpm)  
Descriptions: 64 count - 2 wall - Intermediate level line dance  
[Count in 32 just before lyrics](#)

## **Cross Rock. Recover. Side. Together. Diagonal Steps – Out, Out, In, In**

1-2 Cross rock right over left. Recover on left.  
3-4 Step right to right side. Step left beside right.  
5-6 Step right to right diagonal. Step left to left diagonal.  
7-8 Step right back. Step left beside right. (Steps 5-8...FUNKY!) [\[12 o'clock\]](#)

## **Side Shuffle. ¼ Left. Forward. Cross. ¼ Left. Side. Forward**

1&2 Step right to right. Step left beside right. Step right to right. (bump hip to right on last count of shuffle)  
3-4 Step left forward a ¼ left. Step right forward.  
5-6 Cross left over right. Step back right ¼ left.  
7-8 Step left to left side. Step right forward. (steps 5-8...FUNKY!) [\[6 o'clock\]](#)

## **¼ Cross Shuffle. Step Side. Touch. ¼ Tap, Tap. Step. Step Forward.**

1&2 Make ¼ left as you cross left over right. Step right to right. Cross left over right.  
3-4 Step right to right side. Touch left beside right.  
5-6 Make ¼ left as you tap left foot forward twice (funk it up!)  
7-8 Step left forward. Step right forward. [\[12 o'clock\]](#)

## **¼ Shuffle Left. Step ½ Pivot Left. ¼ Side. Touch. Ball. Cross. Side.**

1&2 Step left ¼ left. Step right beside left. Step left forward.  
3-4 Step forward right. ½ pivot turn left.  
5-6& Step right to side making ¼ left. Tap left beside right. Step left beside right.  
7-8 Cross right over left. Step left to left side. [\[12 o'clock\]](#)

## **Sailor Step. Sailor Hold. Ball. Side. Hold. Ball Point.**

1&2 Cross right behind left. Step left to left. Step right to right.  
3&4 Cross left behind right. Step right to right. Step left to left.  
5- &6 Hold. Step right beside left. Step left to left.  
7- &8 Hold. Step right beside left. Point left to left. [\[12 o'clock\]](#)

## **Step. Switch. Hitch. Big Step. Touch. Back. Back. ½ . ¼.**

&1 Step left beside right. Point right to right.  
2-3-4 Hitch right knee. Take a big step forward with right. Touch left behind right. 5-6 Step back left. Step back right.  
7-8 Make ½ turn left stepping left forward. Make ¼ left stepping right to right side. [\[3 o'clock\]](#)



BroncoBeat

**¼. Step Forward. Twist. Return . Coaster ¼ Cross. Hold. Ball. Cross.**

1-2 Step left forward ¼ left. Step forward right.

3-4 Raising heels, twist on balls of feet making approx ½ turn left. Return to original position.

5&6 Step back right. Step back left. Make ¼ right crossing right over left.

7&8 Hold. Step left to left. Cross right over left. [3 o'clock]

**Step. Drag. Kick. Ball Cross. Ball Cross. ¼ Back. Shuffle ½ Turn.**

1-2 Step left a big step to left. Drag right in place.

3&4 Kick right to right diagonal. Step right beside left. Cross left over right.

&5-6 Step right to right. Cross left over right. Step right back ¼ left.

7&8 Shuffle ½ turn left stepping left-right-left. [6 o'clock]

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