



Insomnia

Choreographed by Anne Bradbury

Description: 32 count, 2 wall, beginner/intermediate line dance
Music: **You're The Reason** by Daniel O'Donnell

Start dance on the word "lay"

VINE RIGHT STOMP, SIDE SHUFFLE, ROCK RETURN

1-4 Vine right, stomp left together
 5&6 Side shuffle to the left, right, left
 7-8 Rock right to side behind left, rock left forward

VINE RIGHT STOMP, ¼ TURN SHUFFLE, ROCK RETURN

9-12 Vine right, stomp left together
 13&14 Making ¼ right shuffle back left, right, left
 15-16 Rock right back, recover to left

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

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

BRONCO, BRONCO, ¼ ROCK RETURN, ½ STEP TOUCH

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

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

Anne Bradbury | EMail: anniebradbury66@hotmail.com
 Address: 4 Pebble Ct. Torquay, Qld 4655, Australia | Phone: 07 4125 5534

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