\r   /wir~{goto}.{end}{home}.{esc}~{up}
     /c{down}{end}{left}{up}~{down}{end}{left}~
     {down}{goto}.{home}.{esc}~/re{end}{right}{?}~

     This macro inserts a row, copies the format of the row
     above, pauses and allows you to adjust the range - then quits.

     To invoke the macro hold down the macro key (Alt on most
     computers) and press the "R" key.

     If you combined this with another spreadsheet you will have to
     name the cell to the right of the \r to \r. To do this place the
     cursor on the \r and press slash (/), Range (R), Name (N),
     Lables (L), Right (R), and Enter. This will name the cell to the
     right of \r to \r.