One More Sleep

Count: 48	Wall: 2	Level: Beginner / Improver

Choreographer: Julie Lockton (ES) & Laura Sway (UK) - December 2013

Music: One More Sleep - Leona Lewis

Count in: 12 seconds (on vocals)

ROCK RECOVER, CROSS SHUFFLE, ROCK RECOVER, SAILOR ¼ TURN
1-2-3&4	Rock right to right side, recover onto left, cross right over left, step left to left side, cross right over left
5-6-7&8	Rock left to left side, recover onto right, step left behind right, step right to right side making ¼ turn to 9:00, step left to left side

SYNCOPATED VINE, JAZZ BOX ¼ TURN
1-2&3-4	Step right to right side, step left behind right, step right to right side, step left across right, step right to right side
5-6-7-8	Step left over right, step back on the right making a ¼ turn to 06:00, step left to left side, touch right beside left

STEP, TOUCH, KICK & CROSS, STEP, HOLD, STEP & TOUCH
1-2-3&4	Step right to right side, touch left to right, kick left forward, step back down on left, cross right over left
5-6&7-8	Step left to left side, hold, on the (&) step right to right side, step left to left side, touch right to left

ROCK RECOVER, ½ TURN SHUFFLE, ½ TURN SHUFFLE, ROCK RECOVER
1-2-3&4	Rock back on right, recover, shuffle forward making a ½ turn R/L/R to 12:00
5&6-7-8	Shuffle back on left, making ½ turn to 06:00 L/R/L, rock back on the right, recover onto left

TAG: WALL 4 - SMALL TAG: ROCKING CHAIR
1-2-3-4	ROCK FORWARD RIGHT, RECOVER, ROCK BACK RIGHT, RECOVER & RESTART DANCE

SKATE, SKATE, SHUFFLE, STEP TOUCH, SHUFFLE BACK
1-2-3&4	Skate forward right, left, shuffle forward R/L/R
5-6-7&8	Step forward left, touch right next to left, right shuffle back R/L/R

SAILOR, ROCK RECOVER, STEP KICK & CLAP, STEP KICK & CLAP
1&2	Step onto left, step right to right side, step left to left side
3&4	Rock back on right, recover onto left
5-6-7-8	Step forward right & kick left (with clap), step forward left & kick right (with clap)

END OF DANCE!

Contact: cbaholiday@gmail.com

Last Revision - 14th Dec 2013