

# No Sleep

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Guy Dubé (CAN) & Serge Légaré (CAN) - February 2019

**Music:** No Sleep (feat. Minelli) - Vanotek



**Intro:** 16 counts.

**[1-8] 1/4 TURN L and SIDE TOUCH, TOUCH TOGETHER, STEP SIDE, ROCK BACK, SIDE CROSS, SIDE TOUCH, CROSS SAMBA**

- 1&2 1/4 turn to left and touch R to side, touch R together L, step R to side
- 3&4 Cross rock L behind R, recover on R, step L to left
- 5-6 Cross R behind L, touch L to side
- 7&8 Cross L over R, rock side R, recover on L

**[9-16] CROSS, SWEEP, CROSS, BACK, 1/4 TURN L and STEP SIDE, 2X SWAY, CROSS, SIDE**

- 1-2 Cross R over L, sweep point L in half-circle to outside from back toward front
- 3&4 Cross L over R, step R back, 1/4 turn to left and step L to side
- 5-6 Hips sways to right and left for 2 counts
- 7-8 Cross R over L, step L to side

**[17-24] CROSS SAMBA, CROSS, TOUCH, SAILOR STEP in 1/2 TURN R, CROSS, SWEEP in 1/4 TURN L**

- 1&2 Cross R over L, rock side L, recover on R
- 3-4 Cross L over R, touch R to side
- 5&6 Cross R behind L, step L on place in 1/2 turn R, step R forward
- 7 Cross L over R
- 8 Sweep point R in half-circle to outside from back to front in 1/4 turn to left

**[25-32] CROSS, MONTEREY TURN in 1/4 TURN L, SYNCOPATED JAZZ BOX in 1/4 TURN R, HITCH**

- 1 Cross R over L
- 2-3-4 Touch L to side, 1/4 turn to left and step L together R, touch R to side
- 5&6 Cross R over L, step L back, 1/4 turn to right and step R to side
- 7-8 Step L forward, raise R knee

**\*\*\*Restart :** At the 5th repetition of the dance (face to 12:00) do the first 16 counts and Restart from the top (face to 6:00)

**\*\*\*Tag :** At the 11th repetition of the dance (face to 3:00)  
Walk D,G,D,G forward on words "walking the night" and restart the dance from the top (face to 3:00).

**\*\*\*Final :** 1/4 turn to right and touch R to side.

**Last Update – 8th March 2019 -R4 - Final**