

No Sleep

Compte: 32

Mur: 4

Niveau: Intermediate



Chorégraphe: Hiroko Carlsson (AUS) - January 2025

Musique: No Sleep - Martin Jensen & Sommer Ray : (Spotify/YouTube Music/Deezer/
Apple Music)

Please feel free to contact me if you need any further information.
(hirokoclinedancing@gmail.com) (Intro: 32 counts)

[S1] Side-Behind-1/4R-Side-Touch Behind, Side Rock-Cross-Side-Behind-1/4L-1/4L, Touch Behind

- 1&2& Step R to the side, Step L behind R, Make a ¼ turn right stepping forward on R (3:00), Step L to the side
- 3 Touch R behind L looking to the left
- 4& Rock R to the side, Replace weight on L
- 5&6& Cross R over L, Step L to the side, Step R behind L, Make a ¼ turn left stepping forward on L (12:00)
- 7 8 Make a ¼ turn left stepping R to the side (9:00), Touch L behind R looking to the right

[S2] Side, Together, Fwd, Hip-Hip-Hip-Together-Back, 1/4L Shuffle Fwd

- 1 2 3 Step L to the side, Step R next to L, Step forward on L
- 4&5 Step R to the side and Hip bump to R-L-R
- &6 Step L next to R, Step back on R
- 7&8 Making a ¼ turn left shuffle forward on L-R-L (6:00)

[S3] Point, Shuffle Back, Point, Shuffle Back, Back Rock-Paddle L

- 1 Point R to the side
- 2&3 Shuffle back on R-L-R
- 4 Point L to the side
- 5&6 Shuffle back on L-R-L
- 7&8& Rock back on R, Replace weight on L, Step forward on R, Make a ¼ turn left recover weight on L (3:00)

[S4] Cross Rock-1/4R, Windmill 1/2L, Step-Pivot 3/4L-Side w/ Hitch - Push right to start

- 1 2 3 Rock/across R over L, Replace weight on L, Make a ¼ turn right stepping forward on R (6:00)
- &4&5 Tap L to the side, Make a ¼ turn right recover weight on R (9:00), Tap L to the side, Make a ¼ turn right recover weight on R (12:00)
- 6 7 8 Step forward on L, Make a ¾ turn right recover weight on R, Step L to the side and hitch R knee

No tags or restarts

Ending suggestion: The last wall starts facing 6:00. Dance towards the end and replace the last ¾ right turn pivot with a ½ right turn pivot to the front.

(updated: 31/Dec/24)