

No Sleep

拍數: 32 牆數: 2 級數: Beginner / Improver
編舞者: Angéline Fourmage (FR) - January 2019
音樂: No Sleep (feat. Minelli) - Vanotek



Start : 16 counts 1 Restart – 1 Tag - Sequence : A-A-A-A-14-A-A-A-A-A-A-TAG(4 counts)-A-A

[1-8] : Step, Touch Step, Touch, Coaster step, Jazz-Box ¼ R

&1&2 LF Back, Touch RF next to LF, RF Back, Touch LF next to RF
3&4 LF Back, RF next to LF, LF FW
5-6 Cross RF over LF, LF Back
7-8 Make ¼ R with RF to R side, LF next to RF

[9-16] : Jazz-Box ½ R, Walk, Walk, Step turn ½ L

1-2 Cross RF over LF, Make ¼ R LF Back
3-4 Make ¼ R with RF to R side, LF next to RF
5-6 RF FW, LF FW* (* For restart : Make ¼ R and Touch LF next to RF)
7-8 RF FW, ½ L (weight is on LF)

[17-24] : Step Lock, Step Lock Step, Step Lock, Step Lock Step

1-2 RF FW, Cross LF behind RF
3&4 RF FW, Cross LF behind RF, RF FW
5-6 LF FW, Cross RF behind LF, LF FW
7&8 LF FW, Cross RF behind LF, LF FW

[25-32] : Monterey Turn ¼ R, Touch, Step, Together, Step, Together

1-2 Point RF to R side, Make ¼ R with RF next to LF
3-4 Point LF to L side, Touch LF next to RF
5-6 LF Back, RF next to LF
7-8 LF FW, RF next to LF (weight is on RF)

Tag : Hold 4 counts

NOTA : RF = Right foot ; LF = Left Foot ; FW = Forward
For level Advanced : Walk in the night (Gary O'Reilly & Maggie Gallagher)

Smile and enjoy the dance

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