No Sleep

拍數: 32 **牆數:** 4 **級數:** Intermediate
編舞者: Guy Dubé (CAN) & Serge Légaré (CAN) - February 2019
音樂: 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