

# No Sleep

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Hiroko Carlsson (AUS) - January 2025  
音樂: No Sleep - Martin Jensen & Sommer Ray : (Spotify/YouTube Music/Deezer/  
Apple Music)



Please feel free to contact me if you need any further information.  
(hirokoklinedancing@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)