# Not Enough Sleep



拍數: 48 牆數: 4 級數: Improver east coast swing

編舞者: George Petrella (USA)

音樂: Too Much Drink (Not Enough Sleep) - The Fantastic Shakers



### RIGHT STEP, LOCK, STEP, HOLD, LEFT STEP, LOCK, STEP, HOLD

Step forward on right, lock left foot up, step forward on right, hold
Step forward on left, lock right foot up/step forward on left, hold

## LINDY TO RIGHT, SHUFFLE TO LEFT, 1/2 LEFT PIVOT

Shuffle to the right (right-left-right), rock back on left, recover on right 5&6-7-8 Shuffle to the left (left-right-left), step forward on right, pivot ½ to left

#### LINDY TO RIGHT, LINDY TO LEFT

Shuffle to the right (right-left-right), rock back on left recover on right 5&6-7-8 Shuffle to the left (left-right-left), rock back on right recover on left

### RIGHT KICK FORWARD 2X, SHUFFLE, LEFT KICK FORWARD 2X, SHUFFLE

1-2-3&4 Kick right foot to front 2x, shuffle in place (right-left-right) 5-6-7&8 Kick left foot to front 2x, shuffle in place (left-right-left)

# WALK FORWARD 3 STEPS/TURN ½ TO LEFT KEEPING WEIGHT ON RIGHT/PAUSE, WALK FORWARD 3 STEPS/TURN ½ TO LEFT KEEPING WEIGHT ON LEFT/PAUSE

1-2-3-4 Walk forward right-left-right, turn ½ to left by spinning on right foot/hold 5-6-7-8 Walk forward left-right-left, turn ½ to left by spinning on left foot/hold

### 6 COUNT WEAVE TO RIGHT, START 2 COUNTS OF LEFT WEAVE

1-2-3-4 Right to right, left behind right, right to right, left in front of right 5-6-7-8 Right to right, touch left toe, left to left, right behind left

### **REPEAT**

### **FINISH**

### 4 COUNTS OF LEFT WEAVE, 1/4 PIVOT LEFT, 1/2 PIVOT LEFT

1-2-3-4 Left to left, right in front of left, left to left, touch right toe 5-6-7-8 Right forward pivot ½ to left, right forward pivot ½ to left