

No Sleep

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Christa Thomas (USA) - September 2015

Musik: No Sleep - Janet Jackson



Intro: 16 Counts

[1-8] BIG STEP, IN, OUT, IN OUT, SYNCOPATED SAMBA STEPS, POINT

1,2,3&4 R Big Step R Side Dragging L In To R, L Touches- In, Out, In, Out

5&6&7&8 L Cross Over R, R Step Back Slightly To R Side, L Step Back, R Cross Over L, L Step Back Slightly To L Side, R Step Back, L Point

[9-16] L SAMBA, STEP, STEP, R SAMBA ½ TURN R, STEP, STEP

1&2,3,4 L Cross Over R, R Step Back, L Step Back, Stepping In Place R-L

5&6,7,8 R Cross Over L, L Step Back ¼ Turn R, R Step Fwd ¼ Turn R, Stepping In Place L-R

[17-24] PRETTY GIRLS, ROCK FWD, REC, COASTER STEP

1,2,3,4 L Cross Over R, R Point, R Cross Over L, L Point

5,6,7&8 L Rock Fwd, R Recover, L Step Back, R Together, L Step Fwd

[25-32] ROCK EASY

1,2,3,4 R Rock Fwd, L Rec Turning ½ Turn R, R Rock Fwd, L Rec

5,6,7,8 R Rock Back, L Rec, R Step Fwd, Pivot ¼ Turn L On L

TAG BEFORE BEGINNING WALL 7 FACING 6:00

1,2,3,4 SWAY R, L, R, L
