No Sleep

Count: 32	**Wand:** 4	**Ebene:** Intermediate	

Choreograf/in: Hiroko Carlsson (AUS) - January 2025

Musik: No Sleep - Martin Jensen & Sommer Ray : (Spotify/YouTube Music/Deezer/ Apple Music)

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