

My Sleepless Nights

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Mary Lou Crowe (USA)

Musik: Sleepin' On the Foldout - Brad Paisley



2 KICK BALL TOUCH, 2 SAILOR SHUFFLES

- 1&2 Kick right foot forward, step right beside left, touch left to left
- 3&4 Kick left foot forward. Step left beside right, touch right to right
- 5&6 Step right behind left, step left to left, step right in place
- 7&8 Step left behind right, step right to right, step left in place

2 FORWARD SHUFFLES, JAZZ BOX WITH ¼ RIGHT TURN

- 1&2 Step right forward, step left beside right, step right forward
- 3&4 Step left forward, step right beside left, step left forward
- 5-6 Step right over left, step left back
- 7-8 Step right making a ¼ right turn, step left beside right

2 SKATES, SHUFFLE

- 1-2 Step on ball of right foot at right angle & swivel to step on ball of left foot at left angle & swivel to return to center
- 3&4 Shuffle forward stepping right forward, left beside right, right forward
- 5-6 Step on ball of left foot at left angle & swivel to step on ball of right foot at right angle & swivel to return to center
- 7&8 Shuffle forward stepping left forward, right beside left, left forward

ROCK STEPS, COASTER, ROCK STEPS TRIPLE ½ LEFT TURN

- 1-2 Step right forward, step left in place
- 3&4 Step right back, left beside right, right forward
- 5-6 Step left forward, step right in place
- 7&8 Step back on left making a ½ left turn, step right beside left step left in place

REPEAT
