

Sleepless Nights

Count: 32

Wand: 0

Ebene:

Choreograf/in: Stephen Sunter (UK)

Musik: Sleepin' On the Foldout - Brad Paisley



WALK, WALK, SHUFFLE, ROCK STEP, WALK BACK

- 1-2 Step right forward, step left forward
- 3&4 Step right forward, step left next to right, step forward right
- 5-6 Rock forward left, replace weight to right
- 7-8 Step left back, step right back

BACK SHUFFLE, RIGHT REVERSE ¼ PIVOT, STEP LEFT ¼ PIVOT, RIGHT REVERSE ¼ PIVOT

- 1&2 Step back left, step right next to left, step back left
- 3-4 Step right back, pivot ½ right
- 5-6 Step left forward, pivot ¼ right
- 7-8 Step right back, pivot ¼ right

CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SIDE SHUFFLE

- 1-2 Rock forward left and across right, replace weight to right
- 3&4 Step left to left, right next to left, left to left
- 5-6 Rock forward right and across left, replace weight to left
- 7&8 Step right to right, left next to right, right to right

SAILOR STEP, CROSS ROCK, ¼ TURN RIGHT, STEP ½ PIVOT, STEP FORWARD

- 1&2 Step left behind right, right to side, step left
- 3-4 Rock forward right and across left, replace weight to left
- 5-6 Make a ¼ turn right stepping forward right, step forward left
- 7-8 Pivot ½ right, step forward left

REPEAT
