

# Can't Sleep

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Phil Partridge (UK) - November 2015

**Music:** Can't Sleep Love - Pentatonix : (iTunes, amazon)



**Intro: 16 count**

**Section 1: □ TOUCH OUT, IN, SIDE, BACK ROCK, RECOVER, SIDE, BEHIND & CROSS, UNWIND, SIDE ROCK, RECOVER**

- 1&2 Touch Right to Right side, touch Right beside Left, make large step to Right side
- 3&4 Rock back on Left, recover onto Right, step Left to Left side
- 5&6 Step Right behind Left, step Left to Left side, cross Right over Left
- 7,8& Unwind a full turn Left (weight on Left), rock Right to Right side, recover onto Left

**Section 2: □ ROCK, RECOVER, & LEFT ROCKING CHAIR, STEP LEFT, ½ TURN LEFT, COASTER STEP**

- 1,2& Cross rock Right over Left to Left diagonal, recover onto Left, step Right to Right side (10.30)
- 3&4& Cross rock Left over Right to Right diagonal, recover onto Right, rock back on Left, recover onto Right (1.30)
- 5,6 Step forward on Left, make ½ turn Left stepping back on Right (7.30)
- 7&8 Step back Left, step Right beside Left, step forward on Left

**Section 3: □ BALL ROCK, RECOVER, LEFT LOCK STEP BACK, TOUCH BACK, ½ TURN, STEP, ½ TURN RIGHT, STEP**

- &1,2 Step Right beside Left, rock forward on Left, recover onto Right
- 3&4 Step back on Left, lock Right over Left, step back on Left (7.30)
- 5,6 Touch Right toe back, make ½ turn Right stepping onto Right (1.30)
- 7&8 Step forward on Left, make ½ turn Right stepping onto Right, step forward Left (7.30)

**Section 4: WALK RIGHT, WALK LEFT, RUN RIGHT, LEFT, RIGHT, ROCK, RECOVER, LEFT COASTER CROSS**

- 1,2 Walk forward on Right, walk forward on Left straightening up to 6.00
- 3&4 Make ¼ turn Left Running Right, Left, Right
- 5,6 Rock forward on Left, recover onto Right
- 7&8 Step back on Left, step Right beside Left, cross step Left over Right

**START OVER**

**Contact:** [www.philthefloor.co.uk](http://www.philthefloor.co.uk) - [phil@philthefloor.co.uk](mailto:phil@philthefloor.co.uk)