

# One More Sleep

**COPPER KNOB**  
STEPSHEETS

**Compte:** 48

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Nina Chen (TW) - December 2016

**Musique:** One More Sleep - Leona Lewis



**Intro: 16 counts**

**S1. FWD ROCK RECOVER - FWD SHUFFLE 1/2 R - SWAY**

1-2, 3&4      Rock RF fwd - Recover onto LF - Fwd shuffle (R L R) 1/2 turn R (6:00)  
5-8              Sway (L R L R)

**S2. CROSS ROCK RECOVER - SAILORS 1/4 L - FWD PIVOT 1/4 L .X2**

1-2, 3&4      Rock LF over RF - Recover onto RF - 1/4 turn L (3:00) Cross LF behind RF - Step RF to R -  
Step LF fwd  
5-8              Step RF fwd - Pivot 1/4 L (12:00) - Step RF fwd - Pivot 1/4 L (9:00) (weight onto LF)

**S3. CROSS - 1/4 R BACK - R CHASSE - JAZZ BOX 1/4 L**

1-2, 3&4      Cross RF over LF - 1/4 turn R (12:00) Step LF back - Chasse to R (R L R)  
5-8              Cross LF over RF - 1/8 turn L (10:30) Step RF back - 1/8 turn L (9:00) Step LF to L - Step RF  
fwd

**S4. FWD ROCK RECOVER - BACK SHUFFLE - BACK ROCK RECOVER - FWD SHUFFLE**

1-2, 3&4      Rock LF fwd - Recover onto RF - Back shuffle (L R L)  
5-6, 7&8      Rock RF back - Recover onto LF - Fwd shuffle (R L R)

**S5. SIDE ROCK RECOVER - CROSS SHUFFLE - SIDE ROCK RECOVER - VINE 1/4 L**

1-2, 3&4      Rock LF to L - Recover onto RF - Cross shuffle (L R L)  
5-6, 7&8      Rock RF to R - Recover onto LF - Step RF behind LF - Step LF to L - 1/4 Turn L (6:00) Step  
RF fwd

**S6. FWD ROCK RECOVER - COASTER STEP - FWD PIVOT 1/4 L - HEELS UP DROP**

1-2, 3&4      Rock LF fwd - Recover onto RF - Step LF back - Step RF beside LF - Step LF fwd  
5-6, 7&8      Step RF fwd - Pivot 1/4 L (3:00) (weight onto LF) - Step RF beside LF - Both heel up - Drop  
both heels

**TAG: Well 4 after 32counts (6:00)**

1-4              Sway to L - Hold - Sway to R - Sway to L

**Have Fun & Happy Dancing!**

**Contact Nina Chen: [nina.teach.dance@gmail.com](mailto:nina.teach.dance@gmail.com)**

---