

# No Sleep

Compte: 32

Mur: 4

Niveau: Intermediate

Chorégraphe: Guy Dubé (CAN) & Serge Légaré (CAN) - February 2019

Musique: No Sleep (feat. Minelli) - Vanotek



Intro: 16 counts.

## [1-8] 1/4 TURN L and SIDE TOUCH, TOUCH TOGETHER, STEP SIDE, ROCK BACK, SIDE CROSS, SIDE TOUCH, CROSS SAMBA

- 1&2 1/4 turn to left and touch R to side, touch R together L, step R to side
- 3&4 Cross rock L behind R, recover on R, step L to left
- 5-6 Cross R behind L, touch L to side
- 7&8 Cross L over R, rock side R, recover on L

## [9-16] CROSS, SWEEP, CROSS, BACK, 1/4 TURN L and STEP SIDE, 2X SWAY, CROSS, SIDE

- 1-2 Cross R over L, sweep point L in half-circle to outside from back toward front
- 3&4 Cross L over R, step R back, 1/4 turn to left and step L to side
- 5-6 Hips sways to right and left for 2 counts
- 7-8 Cross R over L, step L to side

## [17-24] CROSS SAMBA, CROSS, TOUCH, SAILOR STEP in 1/2 TURN R, CROSS, SWEEP in 1/4 TURN L

- 1&2 Cross R over L, rock side L, recover on R
- 3-4 Cross L over R, touch R to side
- 5&6 Cross R behind L, step L on place in 1/2 turn R, step R forward
- 7 Cross L over R
- 8 Sweep point R in half-circle to outside from back to front in 1/4 turn to left

## [25-32] CROSS, MONTEREY TURN in 1/4 TURN L, SYNCOPATED JAZZ BOX in 1/4 TURN R, HITCH

- 1 Cross R over L
- 2-3-4 Touch L to side, 1/4 turn to left and step L together R, touch R to side
- 5&6 Cross R over L, step L back, 1/4 turn to right and step R to side
- 7-8 Step L forward, raise R knee

\*\*\*Restart : At the 5th repetition of the dance (face to 12:00) do the first 16 counts and Restart from the top (face to 6:00)

\*\*\*Tag : At the 11th repetition of the dance (face to 3:00)

Walk D,G,D,G forward on words "walking the night" and restart the dance from the top (face to 3:00).

\*\*\*Final : 1/4 turn to right and touch R to side.

Last Update – 8th March 2019 -R4 - Final