

# No Sleep

**COPPER KNOB**  
STEPSHETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Christa Thomas (USA) - September 2015  
音乐: No Sleep - Janet Jackson



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## Intro: 16 Counts

### [1-8] BIG STEP, IN, OUT, IN OUT, SYNCOPATED SAMBA STEPS, POINT

1,2,3&4      R Big Step R Side Dragging L In To R, L Touches- In, Out, In, Out  
5&6&7&8      L Cross Over R, R Step Back Slightly To R Side, L Step Back, R Cross Over L, L Step Back  
                    Slightly To L Side, R Step Back, L Point

### [9-16] L SAMBA, STEP, STEP, R SAMBA ½ TURN R, STEP, STEP

1&2,3,4      L Cross Over R, R Step Back, L Step Back, Stepping In Place R-L  
5&6,7,8      R Cross Over L, L Step Back ¼ Tun R, R Step Fwd ¼ Turn R, Stepping In Place L-R

### [17-24] PRETTY GIRLS, ROCK FWD, REC, COASTER STEP

1,2,3,4      L Cross Over R, R Point, R Cross Over L, L Point  
5,6,7&8      L Rock Fwd, R Recover, L Step Back, R Together, L Step Fwd

### [25-32] ROCK EASY

1,2,3,4      R Rock Fwd, L Rec Turning ½ Turn R, R Rock Fwd, L Rec  
5,6,7,8      R Rock Back, L Rec, R Step Fwd, Pivot ¼ Turn L On L

### \*\*\*TAG BEFORE BEGINNING WALL 7 FACING 6:00\*\*\*

1,2,3,4      SWAY R, L, R, L

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