

I Don't Wanna Go To Bed

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Daniel Trepát (NL), José Miguel Belloque Vane (NL), Roy Verdonk (NL), Pim van Grootel (NL), Darren Bailey (UK) & Amy Glass (USA) - October 2015
音乐: I Don't Wanna Go to Bed (feat. Nelly) - Simple Plan



Intro: 16 counts from first beat in music (app. 8 seconds into track)

[1 – 8] □ Cross Rockstep, Syncopated Jazzbox with ¼ turn L, flick R, Cross, Side, Sailor Step □

1 – 2 Cross R over L (1), Recover on L (2) □ 12:00
&3&4 Step R next to R (&), Cross L over R (3), ¼ turn L stepping R back (&), Step L to L side & flick R (4) □ 9:00
5 – 6 Cross R over L (5), Step L to L side (6) □ 9:00
7&8 Cross R behind L (7), Small step L to L side (&), Step R to R side (8) □ 9:00

[9 – 16] □ Cross, Side, Sailor ½ turn R Sweeping back, Sweep L, ¼ turn Sweep R, Sailor step □

1 – 2 Cross L over R (1), Step R to R side & turning L toes to L side (2) □ 9:00
3&4 Cross L behind R (3), ¼ turn R stepping R forward (&), ¼ turn R stepping L back & sweeping R from front to back (4) □ 3:00
5 – 6 Step R back & sweep L from front to back (5) ¼ turn R stepping L back & sweep R from front to back (6) □ 6:00
7&8 Cross R behind L (7), Small Step L to L side (&), Step R to R side (8) □ 6:00

[17 – 24] □ Skate L R, Side, Flick to L, Turning vine R with syncopated side cross side □

1 – 2 Skate L (1), Skate R (2) □ 6:00
3 – 4 Step L to L side (3), Turn body to L and flick R behind L (4) □ 6:00
5 – 6 ¼ turn R stepping R forward (5), ½ Turn R stepping L back (6) □ 3:00
7&8 ¼ turn R stepping R to R side (7), Cross L over R (&), Step R to R side (8) □ 6:00

[25 – 32] □ 2x Knee rolls, ¼ turn L fwd, ¼ turn L side, Cross, Big side step, Hold, Ball Cross, ¼ turn fwd □

1 – 2 Roll L knee to L while rolling L feet down (1), Roll K knee to R while rolling R feet down (2) □ 6:00
3&4 ¼ turn stepping L forward (3), ¼ turn stepping R to R side (&), Cross L over R (4) □ 12:00
5 – 6 Big step R to R side (5), Hold (6) □ 12:00
&7 – 8 Step L next to R (&), Cross R over L (7), ¼ turn L stepping R forward (8) □ 9:00

HAVE FUN AND WE ARE LOOKING FORWARD TO SEE YOU AGAIN!