

# No Sleep

拍数: 32      墙数: 2      级数: Beginner / Improver  
编舞者: Angéline Fourmage (FR) - January 2019  
音乐: No Sleep (feat. Minelli) - Vanotek



Start : 16 counts 1 Restart – 1 Tag - Sequence : A-A-A-A-14-A-A-A-A-A-A-TAG(4 counts)-A-A

[1-8] : Step, Touch Step, Touch, Coaster step, Jazz-Box ¼ R

&1&2      LF Back, Touch RF next to LF, RF Back, Touch LF next to RF  
3&4      LF Back, RF next to LF, LF FW  
5-6      Cross RF over LF, LF Back  
7-8      Make ¼ R with RF to R side, LF next to RF

[9-16] : Jazz-Box ½ R, Walk, Walk, Step turn ½ L

1-2      Cross RF over LF, Make ¼ R LF Back  
3-4      Make ¼ R with RF to R side, LF next to RF  
5-6      RF FW, LF FW\* (\* For restart : Make ¼ R and Touch LF next to RF)  
7-8      RF FW, ½ L (weight is on LF)

[17-24] : Step Lock, Step Lock Step, Step Lock, Step Lock Step

1-2      RF FW, Cross LF behind RF  
3&4      RF FW, Cross LF behind RF, RF FW  
5-6      LF FW, Cross RF behind LF, LF FW  
7&8      LF FW, Cross RF behind LF, LF FW

[25-32] : Monterey Turn ¼ R, Touch, Step, Together, Step, Together

1-2      Point RF to R side, Make ¼ R with RF next to LF  
3-4      Point LF to L side, Touch LF next to RF  
5-6      LF Back, RF next to LF  
7-8      LF FW, RF next to LF (weight is on RF)

Tag : Hold 4 counts

NOTA : RF = Right foot ; LF = Left Foot ; FW = Forward  
For level Advanced : Walk in the night (Gary O'Reilly & Maggie Gallagher)

Smile and enjoy the dance

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