

# No Sleep

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Guy Dubé (CAN) & Serge Légaré (CAN) - February 2019  
音乐: 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