

# Can't Sleep?

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Dougie D (UK) - March 2009  
音乐: Up All Night - Take That



Intro: 8 Count intro.

## Charleston steps.

- 1-2      swing right leg out and around to touch in front of left, swing right leg out and around to touch behind left
- 3-4      swing left leg out and around to touch behind right, swing left leg out and around to touch in front of right,
- 5-8      repeat steps 1-2 and 3-4.

## Toe taps x2 on right, coaster step, toe taps x2 on left, coaster step with 1/4 turn left.

- 1-2      tap right toe in front of left, tap right toe diagonally fwd,
- 3&4      step back on right, step left beside right, step fwd on right
- 5-6      tap left toe in front of right, tap right toe diagonally fwd
- 7&8      step back on left, step right beside left, step fwd on left with 1/4 turn left

## Step fwd right, left, fwd mambo, step back left, right, coaster step

- 1-2      walk fwd right and left,
- 3&4      step fwd on right, step left in place, step right beside left.
- 5-6      step back left and right,
- 7&8      step back on left, step right beside left, step fwd on left

## Make 1/4 Turns left x2, run fwd right, left, right and hold, run back left, right, left and hold.

- 1-2      step right to right side, pivot 1/4 turn left
- 3-4      repeat steps 1-2,
- 5&6&      run fwd, stepping right, left, right and hold,
- 7&8&      run back, stepping left, right, left and hold

Alt' Music: Dolores by the Mavericks, on Trampoline.

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