

# My Sleepless Nights

**COPPER KNOB**  
STEPSHETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Mary Lou Crowe (USA)  
音樂: Sleepin' On the Foldout - Brad Paisley



## 2 KICK BALL TOUCH, 2 SAILOR SHUFFLES

1&2      Kick right foot forward, step right beside left, touch left to left  
3&4      Kick left foot forward. Step left beside right, touch right to right  
5&6      Step right behind left, step left to left, step right in place  
7&8      Step left behind right, step right to right, step left in place

## 2 FORWARD SHUFFLES, JAZZ BOX WITH ¼ RIGHT TURN

1&2      Step right forward, step left beside right, step right forward  
3&4      Step left forward, step right beside left, step left forward  
5-6      Step right over left, step left back  
7-8      Step right making a ¼ right turn, step left beside right

## 2 SKATES, SHUFFLE

1-2      Step on ball of right foot at right angle & swivel to step on ball of left foot at left angle & swivel to return to center  
3&4      Shuffle forward stepping right forward, left beside right, right forward  
5-6      Step on ball of left foot at left angle & swivel to step on ball of right foot at right angle & swivel to return to center  
7&8      Shuffle forward stepping left forward, right beside left, left forward

## ROCK STEPS, COASTER, ROCK STEPS TRIPLE ½ LEFT TURN

1-2      Step right forward, step left in place  
3&4      Step right back, left beside right, right forward  
5-6      Step left forward, step right in place  
7&8      Step back on left making a ½ left turn, step right beside left step left in place

**REPEAT**

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