

Can't Sleep?

拍數: 32 牆數: 4 級數: Improver
編舞者: Dougie D (UK) - March 2009
音樂: 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.
