

# 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.**

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