

# One More Sleep

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**Count:** 48

**Wall:** 2

**Level:** Beginner / Improver

**Choreographer:** Julie Lockton (Benidorm, Spain) & Laura Sway (UK) Dec 2013

**Music:** "One more sleep" - Leona Lewis

## Count in: 12 seconds (on vocals)

### ROCK RECOVER, CROSS SHUFFLE, ROCK RECOVER, SAILOR ¼ TURN

**1-2-3&4** Rock right to right side, recover onto left, cross right over left, step left to left side, cross right over left

**5-6-7&8** Rock left to left side, recover onto right, step left behind right, step right to right side making ¼ turn to 9:00, step left to left side

### SYNCOATED VINE, JAZZ BOX ¼ TURN

**1-2&3-4** Step right to right side, step left behind right, step right to right side, step left across right, step right to right side

**5-6-7-8** Step left over right, step back on the right making a ¼ turn to 06:00, step left to left side, touch right beside left

### STEP, TOUCH, KICK & CROSS, STEP, HOLD, STEP & TOUCH

**1-2-3&4** Step right to right side, touch left to right, kick left forward, step back down on left, cross right over left

**5-6&7-8** Step left to left side, hold, on the (&) step right to right side, step left to left side, touch right to left

### ROCK RECOVER, ½ TURN SHUFFLE, ½ TURN SHUFFLE, ROCK RECOVER

**1-2-3&4** Rock back on right, recover, shuffle forward making a ½ turn R/L/R to 12:00

**5&6-7-8** Shuffle back on left, making ½ turn to 06:00 L/R/L, rock back on the right, recover onto left

### TAG: WALL 4 - SMALL TAG: ROCKING CHAIR

**1-2-3-4ROCK FORWARD RIGHT, RECOVER, ROCK BACK RIGHT, RECOVER & RESTART DANCE**

### SKATE, SKATE, SHUFFLE, STEP TOUCH, SHUFFLE BACK

**1-2-3&4** Skate forward right, left, shuffle forward R/L/R

**5-6-7&8** Step forward left, touch right next to left, right shuffle back R/L/R

## **SAILOR, ROCK RECOVER, STEP KICK & CLAP, STEP KICK & CLAP**

**1&2** Step onto left, step right to right side, step left to left side

**3&4** Rock back on right, recover onto left

**5-6-7-8** Step forward right & kick left (with clap), step forward left & kick right (with clap)

**END OF DANCE!**

**Contact: [cbaholiday@gmail.com](mailto:cbaholiday@gmail.com)**

**Last Revision - 14th Dec 2013**