

No Sleep

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Count: 32 **Wall:** 2 **Level:** Beginner / Improver

Choreographer: Angéline FOURMAGE (Angel'Line) (FR - 20 January 2019)

Music: No sleep by Vanotek Feat Minelli

Start : 16 counts 1 Restart - 1 Tag - Sequence : A-A-A-A-14-A-A-A-A-A-A-TAG(4 counts)-A-A

[1-8] : Step, Touch Step, Touch, Coaster step, Jazz-Box $\frac{1}{4}$ R

&1&2LF Back, Touch RF next to LF, RF Back, Touch LF next to RF

3&4LF Back, RF next to LF, LF FW

5-6 Cross RF over LF, LF Back

7-8 Make $\frac{1}{4}$ R with RF to R side, LF next to RF

[9-16] : Jazz-Box $\frac{1}{2}$ R, Walk, Walk, Step turn $\frac{1}{2}$ L

1-2 Cross RF over LF, Make $\frac{1}{4}$ R LF Back

3-4 Make $\frac{1}{4}$ R with RF to R side, LF next to RF

5-6RF FW, LF FW* (* For restart : Make $\frac{1}{4}$ R and Touch LF next to RF)

7-8RF FW, $\frac{1}{2}$ L (weight is on LF)

[17-24] : Step Lock, Step Lock Step, Step Lock, Step Lock Step

1-2RF FW, Cross LF behind RF

3&4RF FW, Cross LF behind RF, RF FW

5-6LF FW, Cross RF behind LF, LF FW

7&8LF FW, Cross RF behind LF, LF FW

[25-32] : Monterey Turn $\frac{1}{4}$ R, Touch, Step, Together, Step, Together

1-2 Point RF to R side, Make $\frac{1}{4}$ R with RF next to LF

3-4 Point LF to L side, Touch LF next to RF

5-6LF Back, RF next to LF

7-8LF FW, RF next to LF (weight is on RF)

Tag : Hold 4 counts

NOTA : RF = Right foot ; LF = Left Foot ; FW = Forward

For level Advanced : Walk in the night (Gary O'Reilly & Maggie Gallagher)

Smile and enjoy the dance

Contact : maellynedance@gmail.com