

MY SLEEPLESS NIGHTS

LINEDANCE.COM

Count: 32

Wall: 4

Level: beginner/intermediate

Choreographer: Mary Lou Crowe

Music: Sleepin' On The Foldout by 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 $\frac{1}{4}$ 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 $\frac{1}{4}$ 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ left turn, step right beside left step left in place

REPEAT