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## No Sleep

32 Count, 4 Wall, Beginner

Choreographer: Christa Thomas (USA) Sept 2015  
Sept 2015

Choreographed to: No Sleep by Janet Jackson

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### Intro: 16 Counts

- [1-8] BIG STEP, IN, OUT, IN OUT, SYNCOPATED SAMBA STEPS, POINT**  
1,2,3&4 R Big Step R Side Dragging L In To R, L Touches- In, Out, In, Out  
5&6&7&8 L Cross Over R, R Step Back Slightly To R Side, L Step Back, R Cross Over L, L Step Back Slightly To L Side, R Step Back, L Point
- [9-16] L SAMBA, STEP, STEP, R SAMBA ½ TURN R, STEP, STEP**  
1&2,3,4 L Cross Over R, R Step Back, L Step Back, Stepping In Place R-L  
5&6,7,8 R Cross Over L, L Step Back ¼ Tun R, R Step Fwd ¼ Turn R, Stepping In Place L-R
- [17-24] PRETTY GIRLS, ROCK FWD, REC, COASTER STEP**  
1,2,3,4 L Cross Over R, R Point, R Cross Over L, L Point  
5,6,7&8 L Rock Fwd, R Recover, L Step Back, R Together, L Step Fwd
- [25-32] ROCK EASY**  
1,2,3,4 R Rock Fwd, L Rec Turning ½ Turn R, R Rock Fwd, L Rec  
5,6,7,8 R Rock Back, L Rec, R Step Fwd, Pivot ¼ Turn L On L
- \*\*\*TAG BEFORE BEGINNING WALL 7 FACING 6:00\*\*\***  
1,2,3,4 SWAY R, L, R, L