

MY SLEEPLESS NIGHTS

Choreographed by Mary Lou Crowe

Description: 32 count, 4 wall, advanced beginner line dance

Music: Sleepin' On The Foldout by Brad Paisley

Java Jive by Manhattan Transfer

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 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 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 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 1/2 left turn, step right beside left step left in place

START OVER