

Love and friendship are stronger than anything. We would travel miles to reach someone we love, without question, when we need it....

LÉO AND MANU

01/04/2023

SLEEPLESS



Novices - 2 walls - 2 Tags - 1 Restart

Music : See you tonight - SCOTTY McCREERY

Léo & Manu

SECT-1 KICK R FWD, FLICK R BACK WITH 1/2 T L, STOMP R BESIDE L, HOLD, SAILOR 1/2 T L

- 1 - 2 Kick R Fwd - Flick R making 1/2 T L
- 3 - 4 Stomp R to R - Hold
- 5 - 6 Step R back making 1/2 t L, step R to R
- 7 - 8 Step Step L to L - Hold

SECT-2 CROSS R OVER L, STEP L TO L, STEP LOCK STEP (R,L,R), STOMP UP L BESIDE R, STOMP UP L TO L, HOLD

- 1 - 2 Cross R over L - Step L to L
- 3 - 4 Step R Diag R Fwd, Lock L behind R
- 5 - 6 Step R Diag R Fwd, Stomp Up L beside R
- 7 - 8 Stomp L to L - Hold

SECT-3 ROCK R FWD, ROCK R TO R, COASTER STEP R, STEP L FWD

- 1 - 2 Rock Step R Fwd - Recover L
- 3 - 4 Rock Step R to R - Recover L
- 5 - 6 Step R Back - Step L beside R
- 7 - 8 Step R Fwd - Step L Fwd

SECT-4 1/4 T L & STEP R TO R, STOMP UP L BESIDE R, 1/4 T L & STEP L FWD, STOMP UP, RUMBA BOX R, HOLD

- 1 - 2 1/4 t L, Step R to R - Stomp up L beside R
- 3 - 4 1/4 t L, Step L Fwd - Stomp Up R beside L
- 5 - 6 Step R to R - Step L Beside R
- 7 - 8 Step R Fwd - Hold

SECT-5 LARGE STEP L TO L, STOMP UP R BESIDE L, HOLD, CROSS R OVER, RECOVER L & NICK R, RECOVER R & KICK L, CROSS L OVER R

- 1 - 2 Large Step L (2 counts)
- 3 - 4 Stomp R beside L - Hold
- 5 - 6 Cross R over L & Hook L back - Recover L & Kick R fwd
- 7 - 8 Recover R & Kick L Fwd - Cross L over R

SECT-6 (MAKING TRAVELLING BACK) RECOVER R & KICK L FWD, RECOVER L & KICK R FWD, ROCK STEP L BACK, STEP LOCK STEP FWD (R-L-R), STOMP UP L BESIDE R

- 1 - 2 (Making travelling Back), Recover R & Kick L fwd - Recover L & Kick R Fwd
- 3 - 4 Rock Step R Back & Kick L Fwd - Recover L
- 5 - 6 Step R Fwd - Lock L behind R
- 7 - 8 Step R Fwd - Stomp Up L Beside R

SECT-7 1/4 T L & ROCK STEP L FWD, RECOVER, 1/4 T L & STEP L FWD, HOLD, 1/2 T L & LARGE STEP R BACK, STOM L BESIDE R - HOLD

- 1 - 2 1/4 t L, Rock Step L Fwd - Recover R
- 3 - 4 1/4 t L, Step L Fwd - Hold
- 5 - 6 Large Step R Back Making 1/2 t L (2 counts)
- 7 - 8 Stomp L beside R - Hold

SECT-8 ROCK R BACK, RECOVER L, STEP R FWD, SCUFF L BESIDE R, STEP L FWD, STEP R BESIDE L, STEP R FWD, STOMP L

- 1 - 2 Rock Step R Back & Kick L Fwd - Recover L
- 3 - 4 Step R Fwd - Scuff R beside L
- 5 - 6 Step L Fwd - Scuff R Beside L
- 7 - 8 Step R Fwd - Step L Fwd

TAG After 4 counts of the last section, Wall 9

SECT-1 STEP L FWD, SCUFF R, STEP R FWD, SCUFF L, STEP L FWD, SCUFF R, STEP R FWD, STOMP L FWD

- 1 à 8 Step L Fwd - Scuff R beside L - Step R Fwd - Scuff L beside R - Step L Fwd - Scuff R beside L - Step R Fwd - Step L Fwd

SECT-1 STRUT R BACK, STRUT L BACK, STRUT R BACK, STRUT L BACK

- 1 à 8 Toe Strut R Back - Toe Strut L Back - Toe Strut R Back - Step L Back

2 RESTARTS After the 32 counts on the 3rd Wall / After the 36 counts on the 7th Wall - 12 counts Hold

FROM THE BEGINNING! WITH A BIG SMILE !!!