

No Sleep (Nah Nah Nah Nah)



Competition Step Sheet

DIVISION: Newcomer

Description: 32 Counts, 2 Walls, Street, Non-Country
Choreographer: Paul Culshaw
Music: Run by Becky Hill & Galantis
Album: Single Version
Count-in: 16 Count Intro
Video: <https://vimeo.com/581159391/d70aaed835>

- 1-8 Kick & Point x2, Walk F x2, Out Out In In**
1&2 Kick RF forward (1) Step RF in place (&) Point L toe to L (2)
3&4 Kick LF forward (3) Step LF in place (&) Point R toe to R (4)
5,6 Walk forward R, L (5,6)
&7&8 Step RF to R (&) Step LF to L (7) Step RF in (&) Step LF next to RF (8)
- 9-16 ¼ Slide, Slide Touch, Bounce Rock Recover x2**
1,2 Slide to R (1) Make ¼ turn R, touching L toe next to RF (2)
3,4 Slide to L (3) Touch R toe next to LF (4)
5,6 Rock RF to R – with a bounce (5) Recover & step RF next to LF (6)
7,8 Rock LF to L – with a bounce (7) Recover & step LF next to RF (8)
(face 3.00)
- 17-24 Side, Behind, Triple R, ¼ Turn, Cross Heel Tap, Recover**
1,2 Step RF to R (1) Cross LF behind RF (2)
3&4 Step RF to R (3) Step LF next to RF (&) Step RF to R (4)
5,6 Step LF forward (5) Make ¼ turn R (6)
7,8 Tap L heel over RF (7) Step LF next to RF (8) (face 6.00)
- 25-32 Heel Switches x3, Together, Hitches x3, Together**
1&2& Tap R heel forward (1) Step RF next to LF (&) Tap L heel forward (2)
Step LF next to RF (&)
3,4 Tap R heel forward (3) Step RF next to LF (4)
5&6& Hitch L Knee (5) Step LF down (&) Hitch R Knee (6) Step RF down (&)
7, 8 Hitch L Knee (7) Step LF down (8)

Begin again 😊