

I Don't Wanna Go To Bed

Level: Intermediate **Count:** 32 **Wall:** 4

Choreographer: Daniel Trepát (NL) & José miguel Belloque Vane (NL), Roy Verdonk (NL), Pim van Grootel (Sweden), Darren Bailey (UK) & Amy Glass (USA) Oct. 2015

Music: "I Don't Wanna Go To Bed" by Simple Plan ft. Nelly

Style: Smooth (WCS)

BPM: 110

Intro: 16 counts from first beat in music (app. 8 seconds into track)

Sec. 1 Cross Rock step, Syncopated Jazzbox with ¼ turn L, flick R, Cross, Side, Sailor Step

1 – 2 Cross R over L (1), Recover on L (2) 12:00
&3&4 Step R next to R (&), Cross L over R (3), ¼ turn L stepping R back (&), Step L to L side & flick R (4) 9:00
5 – 6 Cross R over L (5), Step L to L side (6) 9:00
7&8 Cross R behind L (7), Small step L to L side (&), Step R to R side (8) 9:00

Sec. 2 Cross, Side, Sailor ½ turn R Sweeping back, Sweep L, ¼ turn Sweep R, Sailor step

1 – 2 Cross L over R (1), Step R to R side & turning L toes to L side (2) 9:00
3&4 Cross L behind R (3), ¼ turn R stepping R forward (&), ¼ turn R stepping L back & sweeping R from front to back (4) 3:00
5 – 6 Step R back & sweep L from front to back (5) ¼ turn R stepping L back & sweep R from front to back (6) 6:00
7&8 Cross R behind L (7), Small Step L to L side (&), Step R to R side (8) 6:00

Sec. 3 Skate L R, Side, Flick to L, Turning vine R with syncopated side cross side

1 – 2 Skate L (1), Skate R (2) 6:00
3 – 4 Step L to L side (3), Turn body to L and flick R behind L (4) 6:00
5 – 6 ¼ turn R stepping R forward (5), ½ Turn R stepping L back (6) 3:00
7&8 ¼ turn R stepping R to R side (7), Cross L over R (&), Step R to R side (8) 6:00

Sec. 4 2x Knee rolls, ¼ turn L fwd, ¼ turn L side, Cross, Big side step, Hold, Ball Cross, ¼ turn fwd

1 – 2 Roll L knee to L while rolling L feet down (1), Roll K knee to R while rolling R feet down (2) 6:00
3&4 ¼ turn stepping L forward (3), ¼ turn stepping R to R side (&), Cross L over R (4) 12:00
5 – 6 Big step R to R side (5), Hold (6) 12:00
&7 – 8 Step L next to R (&), Cross R over L (7), ¼ turn L stepping R forward (8) 9:00

HAVE FUN AND WE ARE LOOKING FORWARD TO SEE YOU AGAIN!