ANOTHER SLEEPLESS NIGHT

Choreographer: Lee & Irene Rogers, 3892 Cook-Underwood Rd, Cook, WA 98605
phone: 509-538-2828(home) or 360-624-2707(cell) email: Lee.Rogers@pepperdine.edu
Music: “Another Sleepless Night” Artist: Anne Murray
Recording: Album: “Anne Murray The Best Of...So Far - 20 Greatest Hits” Track 16
or downloadable from Amazon.com and various other Internet sites
Footwork: Opposite except where otherwise noted
Rhythm/Level: Cha Cha Phase V Difficulty: Easy
Speed: As recorded (26mpm) Duration: 3:07
Sequence: Intro A B C D C A Ending

MEASURES

INTRO
FIRST 8 MEASURES ARE EVEN-COUNT, VERY SLOW & GRACEFUL,
FACING POSITION – WALL – NO HANDS – LEAD FT FREE – ARMS TWD RLOD

1-4 SLOW SWAY APART; SLOW SWAY TOGETHER; HIP RK 4; ROLL 3 & HOLD – BFLY;
1 [FCG POS WALL - no hnds - ld ft free - arms ptd twd RLOD] Over entire measure: Apt L swaying
twd DLC & pt R contg body rotation away from ptr slowly sweeping arms to shldr height twd DLC ;
[“The nights have been so lonely”]
2 Over entire measure: Rec R swaying twd RLOD & draw L to R slowly sweeping arms twd RLOD to
FCG POS WALL ; [“since you went away”]
3 Rk sd L roll hips sd & bk, rk sd R roll hips sd & bk, rk sd L roll hips sd & bk, rk sd R roll hips sd &
bk [hands softly swaying back and forth at waist height] ; [“I could not get to sleep”]
4 Roll LF twd LOD L, R, L, blnd to BFLY WALL ; [“try as I may”]

5-8 FENCeline & hold – scar; develop & recover; slow sd, draw close;
SLOW HIP ROCK 2;
5 XRif, rec L, sd R, blnd to SCAR ; [“but now you’re back”]
6 Fwd L outsd W ckg, -, -, rec R trng slightly LF (W bk R, bring L ft [pointed dwn] up R leg to insd of
R knee, extend L ft fwd, fwd L trng slightly LF) to BFLY WALL ; [“since you went away”]
7 Slow sd L, -, draw R to L, cl R ; [12 soft piano notes]
8 Rk sd L roll hips sd & bk, -, -, rk sd R roll hips sd & bk, - ; [2 ticks, then “still it” – the HIP ROCK 2
should be on those 2 words]

PART A

1-4 BASIC CHA;; NEW YORKER; SPOT TURN;
1-2 Rk fwd L, rec R, sd L/cl R, sd L ; Rk bk R, rec L, sd R/cl L, sd R ;
3 Trng RF to RLOD rk thru L, rec R trng LF to BFLY WALL, sd L/cl R, sd L ;
4 XRif trng LF to fc RLOD, rec L trng LF to BFLY WALL, sd R/cl L, sd R ;

5-8 HAND TO HAND; CRAB WALKS;; FENCE line;
5 Trng LF bk L to OP LOD, rec R trng RF to BFLY WALL, sd L/cl R, sd L ;
6-7 XRif, sd L, XRif/sd L, XRif ; Sd L, XRif, sd L/cl R, sd L ;
8 XRif chkg, rec L, sd R/cl L, sd R ;

PART B

1-4 ALEMANA TO CARESS LARIAT;;;;;
1 Rk fwd L, rec R, sd L/cl R, sd L trng slightly RF raising jnd ld hnds palms tog (W rk bk R, rec L,
sd R/cl L, sd R trng slightly RF to fc ptr) ;
2 Rk bk R, rec L, sip R/L,R (W diag fwd L undr jnd ld hnds to M’s L sd & trng ½ RF, rec R trng RF to
fc ptr, sd L/cl R, diag fwd L to M’s R sd caressing M’s L cheek with R hnd) ;
3 Rk sd L, rec R, sip L/R,L (W fwd R, L, R/L, R around M to his L sd) ;
4 Sm bk R, rec L, sd R/cl L, sd R (W contg around M fwd L, fwd R swvlg to fc ptr, sd L/cl R, sd L) ;
5-8 BREAK BACK TO OPEN ~ TRIPLE CHAS;; SPOT TURN; FENCE LINE IN 4 – HNDSHK;;
5 XLLib trng LF to OP LOD, rec R, fwd L/Lk Rib, fwd L ;
6 Fwd R/Lk Lib, fwd R, fwd L/Lk Rib, fwd L ;
7 Fwd R & trn 1/2 LF to fc RLOD, rec L trng 1/4 LF to fc ptr & wall, sd R/cl L, sd R to BFLY WALL ;
8 XLif ckg, rec R, sd L, cl R jng R hnds ;

PART C
1-4 FLIRT;; SWEETHEARTS – TO FAN;;
1 Rk fwd L, rec R, sm sd L/cl R, sm sd L (W rk bk R, rec L stg LF trn, cont trng LF R/L,R) to VARS WALL ;
2 Rk bk R, rec L, sd R/cl L, sd R (W rk bk L, rec R, sd L) to L VARS WALL ;
3 Rk fwd L raising jnd L hnds above W’s head and lowering jnd R hnds to waist level, rec R bringing all jnd hnds to shldr level, slide behind W twd LOD sd L/cl R, sd L (W rk bk R, rec L, sd L/cl R) to BFLY WALL ;
4 Rk fwd R raising jnd R hnds above W’s head & lowering jnd L hnds to waist level, rec L bringing all jnd hnds to shldr level, releasing jnd R hnds slide behind W twd RLOD sd R/cl L, sd R chngg to jnd ld hnds (W rk bk L, rec R, sd R/cl L, sd L) to BFLY WALL ;

5-9 ALEMANA;; SHOULDERS TO SHOULDERS TWICE;; NEW YORKER IN 4;
5 Rk fwd L, rec R, sip L/R,L trng slightly RF raising jnd ld hnds palms tog (W cl R, fwd L, fwd R/Lk Lib, fwd R trng RF to fc ptr) ;
6 Rk bk R, rec L, sd R/cl L, sd R (W diag fwd L undr jnd ld hnds to M’s L sd & trn 1/2 RF, rec R & trn RF to fc ptr, sd L/cl R, sd L) to BFLY WALL ;
7-8 Diag fwd L twd W’s L sd, rec R, sd L/cl R, sd L ; Diag fwd R twd W’s R sd, rec L, sd R/cl L, sd R ;
9 Trng RF to RLOD rk thru rec R trng LF to BFLY WALL, sd L, cl R ;

PART D
1-4 OPEN HIP TWIST TO FAN;; STOP & GO HOCKEY STICK;;
1 Rk fwd L, rec R, bk L/cl R, sm bk L bracing L arm to lead W’s hip trn (W rk bk R, rec L, fwd R/Lk Lib, fwd R trng hips 1/4 RF twd LOD) ;
2 Rk bk R trng bdy slightly LF, rec L, sd R/cl L, sd R (W fwd L, fwd R trng 1/2 LF to fc RLOD, bk L/Lk Rif, bk L) ;
3 Rk fwd L, rec R raising jnd ld hnds, trng slightly LF ronde L sd to XLib/sm sd R, sd L (W cl R, fwd L, fwd R/Lk Lib, fwd R trng 1/2 LF undr jnd ld hnds to fc LOD) ;
4 XRif ckg twd LOD plcg R hnd on W’s L shoulder blade, rec L, twd RLOD sd R/cl L, sd R (W rk bk L xtndg L arm straight up palm out, rec R lowering arm, fwd L/Lk Rib, fwd L trng 1/2 RF undr jnd ld hnds) to FAN POS w/M fcg WALL ;

5-8 HOCKEY STICK;; HALF BASIC TO NATURAL TOP – FC WALL;;
5 Rk fwd L, rec R, ronde L sd to XLib/sm sd R, sd L trng slightly RF to DRW (W cl R, fwd L, fwd R/Lk Lib, fwd R) ;
6 Sm bk R, fwd L, fwd R/Lk Lib, fwd R (W fwd L, fwd R trng LF to fc ptr, bk L/Lk Rif, bk L) ;
7 Rk fwd L, rec R, sd L/cl R, sd L stg RF trn blndg to loose CP ;
8 Contg RF trn XRib, contg RF trn XRib/sd L, cl R to loose CP WALL ;

9-12 ALEMANA;; CUDDLES;;
9-10 Repeat measure 1 of Part B ; Repeat measure 6 of Part C ;
11 Rk sd L trng slightly twd ptr blndg to 1/2-OP rel ld hnds & sweep L arm out to sd, rec R, sip L/R,L (W swvl 1/2 LF on L ft sd R & sweep R arm out to sd, rec L trng 1/4 LF, sm fwd R ifo M trng 1/4 LF/sip L,R) to CUDDLE POS WALL ;
12 Rk sd R trng slightly twd ptr blndg to L-1/2-OP rel trlg hnds & sweep R arm out to sd, rec L, sip R/L,R (W swvl 1/2 LF on R ft sd L & sweep L arm out to sd, rec R trng 1/4 RF, sm fwd L ifo M trng 1/4 RF/sip R,L) to CUDDLE POS WALL ;
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13-16  **BREAK BACK TO 1/2 OP; WALK 2 & CHA; CIRCLE AWAY & TOG – HNDSHK;;**
13   XLtrng LF to 1/2-OP LOD, rec R, fwd L/Lk Rib, fwd L ;
14   Fwd R, fwd L, fwd R/Lk Lib, fwd R ;
15   Circ CCW away from ptr twd COH fwd L, fwd R, fwd R/Lk Rib, fwd L ;
16   Circ CCW back twd ptr & WALL fwd R, fwd L, fwd R/Lk Lib, fwd R to BFLY – R hnds jnd ;

**ENDING**

1-5  **CHASE – MAN TURN ALL 4 TIMES;;;  POINT LOD & TILT;**
1   Rk fwd L trng RF to fc COH, rec R, fwd L/Lk Rib, fwd L (W rk bk R, rec L, fwd R/Lk Lib, fwd R) ;
2   Rk fwd R trng LF to fc WALL, rec L, fwd R/Lk Lib, fwd R (W rk fwd L trng RF to fc WALL, rec R, fwd L/Lk Rib, fwd L) ;
3   Rk fwd L trng RF to fc COH, rec R, fwd L/Lk Rib, fwd L (W rk fwd R trng LF to fc COH, rec L, fwd R/Lk Lib, fwd R) ;
4   Rk fwd R trng LF to fc WALL, rec L, fwd R/Lk Lib, fwd R (W rk fwd L, rec R, bk L/Lk Rif, bk L) blndg to BFLY WALL ;
5   Pt L ft to LOD & tilt slightly twd LOD ;

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**QUICK CUES**

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Cha Cha  Phase V

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FIRST 8 MEASURES ARE EVEN-COUNT, VERY SLOW & GRACEFUL.
FACING POSITION – WALL – NO HANDS – LEAD FT FREE – ARMS TWD RLOD
SLOW SWAY APART; SLOW SWAY TOGETHER; HIP RK 4; ROLL 3 & HOLD – BFLY;
FENCELINE & HOLD – SCAR; DEVELOPE & REC; SLOW SD, DRAW CL; SLOW HIP RK 2;

**A:**
BASIC CHA;; NEW YORKER; SPOT TURN;
HAND TO HAND; CRAB WALKS;; FENCE LINE;

**B:**
ALEMANA TO CARESS LARIAT;;;
BREAK BACK TO OPEN ~ TRIPLE CHAS;; SPOT TURN; FENCE LINE IN 4 – HNDSHK;;

**C:**
FLIRT;; SWEETHEARTS – TO FAN;;
ALEMANA;; SHOULDER TO SHOULDER TWICE;; NEW YORKER IN 4;

**D:**
OPEN HIP TWIST TO FAN;; STOP & GO HOCKEY STICK;;
HOCKEY STICK;; HALF BASIC TO NATURAL TOP – FC WALL;;
ALEMANA;; CUDDLES;;
BREAK BACK TO 1/2 OP; WALK 2 & CHA; CIRCLE AWAY & TOG – HNDSHK;;

**C:**
FLIRT;; SWEETHEARTS – TO FAN;;
ALEMANA;; SHOULDER TO SHOULDER TWICE;; NEW YORKER IN 4;

**A:**
BASIC;; NEW YORKER; SPOT TURN;
HAND TO HAND; CRAB WALKS;; FENCE LINE;

**ENDING:**
CHASE – MAN TURN ALL 4 TIMES;;;  POINT LOD & TILT;