

ANOTHER SLEEPLESS NIGHT

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 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; DEVELOPE & 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 ; [*"and you're here to stay"*]
- 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) ;

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5-8 BREAK BACK TO OPEN ~ TRIPLE CHAS;; SPOT TURN; FENCE LINE IN 4 – HNDSHK;;

- 5 XLib 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, slide acrs ifo M twd LOD sd L/cl 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, slide ifo M twd RLOD sd R/cd L, sd R) to VARS 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, slide ifo M twd LOD sd L stg 1/4 RF trn/contg RF trn cl R, bk L compg RF trn to fc RLOD) to FAN POS ;

5-9 ALEMANA;; SHOULDER TO SHOULDER 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 L, 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 sd L, 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 RF 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 XLib trng 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 L/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**ANOTHER SLEEPLESS NIGHT**

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Cha Cha Phase V**INTRO:**

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 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;