

# Sleeping With The Past

Count: 64

Wand: 4

Ebene: Improver

Choreograf/in: Vivienne Scott (CAN)

Musik: Sleeping With the Past - Elton John



## WALK FORWARD RIGHT/LEFT, TRIPLE IN PLACE, WALK BACK LEFT/RIGHT, ½ TURN SHUFFLE

- 1-2 Walk forward, right, left
- 3&4 Shuffle in place, right, left, right
- 5-6 Walk back, left, right (styling option - dip as you walk back and/or snap your fingers on each step)
- 7&8 Step left back making ¼ turn left, close right beside left, step left to left side making ¼ turn left

## WALK FORWARD RIGHT/LEFT, TRIPLE IN PLACE, WALK BACK LEFT/RIGHT, ½ TURN SHUFFLE

- 9-10 Walk forward, right, left
- 11&12 Shuffle in place, right, left, right
- 13-14 Walk back, left, right (styling option - dip as you walk back and/or snap your fingers on each step)
- 15&16 Step left back making ¼ turn left, close right beside left, step left to left side making ¼ turn left

## SIDE ROCK RIGHT, CROSS SHUFFLE, SIDE ROCK, ½ TURN TRIPLE

- 17-18 Rock right to right side, recover on left
- 19&20 Cross right over left, cross left to left side, cross right over left
- 21-22 Rock left to left side, recover on right
- 23&24 Step left back making ½ turn left, close right beside left, step left in place

## SIDE ROCK RIGHT, CROSS SHUFFLE, SIDE ROCK, ½ TURN TRIPLE

- 25-26 Rock right to right side, recover on left
- 27&28 Cross right over left, cross left to left side, cross right over left
- 29-30 Rock left to left side, recover on right
- 31&32 Step left back making ½ turn left, close right beside left, step left in place

## HEEL SWITCHES, WALK FORWARD RIGHT/LEFT, HEEL SWITCHES, ROCK FORWARD

- 33&34& Touch right heel forward, step right beside left, touch left heel forward, step left beside right
- 35-36 Walk forward, right, left (option: 2 count traveling forward turn to left)
- 37&38& Touch right heel forward, step right beside left, touch left heel forward, step left beside right
- 39-40 Rock forward on right, recover on left

## ½ TURN SHUFFLE, TRAVELING TWO COUNT TURN TRAVELING FORWARD (OR WALK FORWARD LEFT,RIGHT), MAMBO FORWARD, COASTER STEP

- 41&42 Step right back making ½ turn right, close left beside right, step right forward
- 43-44 Step forward left making ½ turn right, step right back making ½ turn right

### Alternative - walk forward right, left

- 45&46 Rock left forward, recover on right, step left beside right
- 47-48 Step right back, step left beside right, step right forward

## STEP PIVOT, KICK BALL CROSS, SIDE ROCK, WEAVE RIGHT

- 49-50 Step left forward, pivot ½ turn right (weight on right)
- 51&52 Kick left forward, step back on left, cross right over left
- 53-54 Rock left to left side, recover on right
- 55&56 Step left behind right, step right to right side, cross left over right

**STEP SIDE RIGHT, HOLD, STEP SIDE LEFT, HOLD, RIGHT SAILOR STEP. CROSS UNWIND  $\frac{3}{4}$  TURN**

57-58 Step right to right side, hold

59-60 Step left to left side, hold

61&62 Step right behind left, step left to left side, step right in place

63-64 Cross left behind right, unwind  $\frac{3}{4}$  turn left (weight on left)

**REPEAT**

**RESTART**

Restart after first 8 counts on walls 2 (3:00), 4 (9:00), 6 (3:00) with a slight difference as follows:

Dance counts 1-6, then for counts 7&8 shuffle in place (i.e. Don't turn), then start again from the beginning

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