

Sleep Walkin'

COPPER KNOB
STEPSHEETS

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Matt Krabbe (USA) - January 2009

Musik: I Can Sleep When I'm Dead - Jason Michael Carroll



Upbeat East Coast swing tempo

STOMP HOLD FORWARD WITH HAND CLAPS

- 1-2& Stomp right forward, Hold and clap, Step left forward beside right
- 3-4& Stomp right forward, Hold and clap, Step left forward beside right
- 5-6& Stomp right forward, Hold and clap, Step left forward beside right
- 7-8 Stomp right forward, Hold and clap

SAILOR SHUFFLES TRAVELING BACK

- 1&2 Cross right behind left, Step left on left, Step right in place
- 3&4 Cross left behind right, Step right on right, Step left in place
- 5&6 Cross right behind left, Step left on left, Step right in place
- 7&8 Cross left behind right, Step right on right, Step left in place

STEP LOCK, STEP BRUSH, STEP LOCK, STEP BRUSH

- 1-4 Right step forward, Lock left behind right, Right step forward, Brush left forward
- 5-8 Left step forward, Lock right behind left, Left step forward, Brush right forward

ROCK STEP TRIPLE BACKWARD FULL TURN RIGHT, ROCK STEP

- 1-2 Right rock forward, recover weight on left
- 3&4 Step side right turning ¼ turn right, left step beside right. Right step to right
- 5&6 Left step to side turning ½ turn right, step right beside left, left step to side
- 7-8 Right rock back turning ¼ turn right, recover weight on left facing front wall again

TRIPLE RIGHT, ROCK RECOVER, TRIPLE LEFT, ROCK RECOVER

- 1&2 Right step to side, left step next to right, Right step to side
- 3-4 Left rock back on diagonal, recover weight on right
- 5&6 Left step to side, right step next to left, Left step to side
- 7-8 Right rock back on a diagonal, recover weight on left

KICK BALL STEP FORWARD X2, STOMP HOLD, ½ TURN LEFT. HOLD

- 1&2-3&4 Right kick forward, place right next to left, Left step forward, Repeat steps 1&2
- 5-8 Right stomp forward, Hold, Turn ½ turn left taking weight on left, Hold

REPEAT STEPS 41-48

JAZZ BOX HOLD STEPS, KNEE BUMPS

- 1-4 Right cross in front of left, Hold, Left step back, Hold
- 5-6 Right step to side, Hold,
- 7&8 Left step beside right, bend both knees out, bring knees back together

Begin Again

Note: At end of 2nd wall only, (after chorus vocals ended) Repeat steps 57-64

Styling on jazz box should be very relaxed to appear as if you're slumping trying to stay awake