

Sleep

Compte: 32

Mur: 4

Niveau: Beginner



Chorégraphe: William Sevone (UK)

Musique: Sleep (feat. Paul Buchanan) - Texas

4X SIDE STEP-TOUCH WITH EXPRESSION (12:00)

- 1-2 (Turning body diagonally right) step right foot to right, (turning to face forward) touch left next to right
- 3-4 (Turning body diagonally left) step left foot to left, (turning to face forward) touch right next to left
- 5-6 (Turning body diagonally right) step right foot to right, (turning to face forward) touch left next to right
- 7-8 (Turning body diagonally left) step left foot to left, (turning to face forward) touch right next to left

The above 8 counts are done 'softly', and moving slightly backward

TOE STEP, ½ RIGHT, 2X STEP LOCKSTEP, FORWARD, PIVOT ½ RIGHT (12:00)

- 9-10 Step right toe backward, turn ½ right (dropping right heel to floor)
- 11&12 Step lockstep forward - stepping left, right-left
- 13&14 Step lockstep forward - stepping right, left-right
- 15-16 Step forward onto left foot, pivot ½ right (weight on right)

CROSS, BACK, 2X SWAY, 2X CROSS SHUFFLE WITH EXPRESSION (12:00)

- 17-18 Cross step left over right, step backward onto right foot
- 19-20 Sway body - stepping left foot to left, sway to right
- 21&22 Cross shuffle right - stepping left, right-left
- 23&24 Cross shuffle left - stepping right, left-right

Cross shuffles are moving slightly forward

2X SWAY, 2X CROSS SHUFFLE WITH EXPRESSION, FORWARD, ¼ RIGHT TOUCH (3:00)

- 25-26 Sway body - stepping left foot to left, sway to right
- 27&28 Cross shuffle right - stepping left, right-left
- 29&30 Cross shuffle left - stepping right, left-right

Cross shuffles are moving slightly forward

- 31-32 Step left foot forward, turning ¼ right - touch right next to left

REPEAT