

Silent Sleep

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: High Intermediate
编舞者: Jessica Boström (SWE) - July 2016
音乐: Start Again - Birdy : (Album: Beautiful Lies - Deluxe - iTunes)



Restarts: *There are 2 Restarts on wall 2 & 4 after 32 counts. (Phrasing: 48, 32, 48, 32, Tag, 32)
Intro: 8 counts approximately 6 seconds

Section 1: □ Back, back back 1/2, run run rock, recover side crosship, side cross side.

1 Step R to right side and slightly back on right diagonal
2&3 Run back on L and R, 1/2 turn left step forward on L (4.30)
4&5 Run forward on R and L and rock forward on R (4.30)
6&7 Recover on L as you start to straighten up to 6.00, step R to right side, cross L over R and
 hitch right
 knee as you push R hip up and to right side
8&1 Step R to right side, cross L over R, step R to right side. (6.00)

Section 2: □ Sweep coaster step, run run run, 1/2 turn sweep, behind side run run rock.

2&3 Turn 1/4 left sweeping L from front to back step L back, step R next to L, step forward on L
 (3.00)
4&5 Run forward on R, L, R
6 Turn 1/2 to left with weight on R and sweep L from front to back (9.00)
7&8&1 Step L behind R, step R to right side, run forward L and R, rock forward on L. (9.00)

Section 3: □ Back back 1/2, back back out out touch, step ballstep ballstep.

2&3 Recover on R, step back on L, turn 1/2 to right and rock forward on R (3.00)
4&5&6 Recover on L, step back on R, turn 1/4 to left and step out L, step out R, touch L beside R
 (12.00)
7&8&1 Turn 1/4 left and step forward on L, step R beside L, turn 1/4 left step forward on L, step R
 beside L, turn 1/4 left step forward on L. (3.00)

(Styling: On counts 4 & bend your knees as you step back on L and R. On counts 5 & raise up on your toes and on count 6 you go down on the whole feet and bend both knees as you touch L beside R, you are supposed to feel like you fall down and collect your body turning your upper body slightly to right and cross both arms in front, close to your body.)

Section 4: □ Step, 1/2, 1/4, touch, 1/4 1/2 1/2, point touch.

2 3 Step forward on R, turn 1/2 right and step back on L (9.00)
4 5 Turn 1/4 to right and step R to right side, touch L beside R (12.00)
6&7 Turn 1/4 left and step forward on L, turn 1/2 left step back on R, turn 1/2 left step forward on
 L (9.00)
8& Turn 1/4 to left and point R to right side, touch R next to L. (6.00)

*Restart on wall 2 and 4.

Section 5: Steplock sweep, steplock sweep, cross, sweep, behind side cross shuffle.

1&2 Step forward on R, lock L behind R, step forward on R and sweep L from back to front
2&3 Step forward on L, lock R behind L, step forward on L and sweep R from back to front
5 6 Cross R over L, recover on L as you sweep R from front to back
7&8&1 Step R behind L, step L to left side, cross R over L, step L to left side, cross R over left.
 (06.00)

Section 6: □ 1/2, coasterstep ballstep, step, 1/2, point touch.

2 Turn 1/2 left keeping weight on R (12.00)
3&4&5 Step back on L, step R beside L, step forward on L, step R beside L, step forward on L

6 7 Step forward on R, make a 1/2 turn left step forward on L (6.00)
8& Point R to right side, touch R next to L. (6.00)

Tag after count 32 on wall 4 facing 12.00, 32 counts, 16 counts repeated.

Sect. 1: Side, back back side, run run side, back back side, run run.

1 Step R to right side
2&3 Turn 1/8 left and step back on L and R, turn 1/8 left and step L to left side (9.00)
4&5 Turn 1/8 left step forward on R and L, turn 1/8 to left and step R to right side (6.00)
6&7 Turn 1/8 left step back on L and R, turn 1/8 to left and step L to left side (3.00)
8& Run forward on R and L. (3.00)

Sect. 2: Rock, recover and step, 1/4, cross, 1/4 1/2 point, touch.

1 Rock forward on R
2&3 Recover on L, step R beside L, step forward on L
4 5 Turn 1/4 right, cross L over R (6.00)
6&7 Turn 1/4 left and step back on R, turn 1/2 left step forward on L, turn 1/4 left and point R to right side (6.00)
8 Touch R next to L.

Sect. 3: Repeat sect. 1 Now finishing 9.00

Sect. 4: Repeat sect. 2 Now finishing 12.00

Choreographers note: For styling please watch demo videos with me in it, but also feel free to add yours. The song is very emotional. Dance with your heart & mind and make it your own.

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