

Sleep Alone

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased Intermediate
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音乐: Sleep Alone - Stanaj



Intro : 16 counts
part A : 32 counts (2 wall) - part B : 32 counts (1 wall)
phrasing : A, A, B, A, A, B, A, A, Tag, B, A

Part A: 32 counts

AS1: Heel/Ball /Step, Step Forward R, Syncopated Side Rock L, Step Forward L, Step forward R and ½ Turn L, Step Forward L, 1/2 Turn L, Back R, Lock Step Back L

1&2 Rf touch heel forward, Rf step together (&), Lf step forward
3&4 Rf step forward, Lf rock left (&), recover onto Rf
5&6 Step forward LF , step RF forward and making ½ turn left (&), Lf step forward (6.00)
7 make 1/2 turn left stepping Rf back (12.00)
8&1 Lf step back, Rf cross in front of Lf (&), Lf step back

AS2: 1/2 Turn R, Step Forward R , Syncopated 1/2 Turn R, Full Turn L (R, L), Hold, Syncopated Stomps On The Spot, Cross

2 make a 1/2 turn right stepping Rf forward (6.00)
3&4 Lf step forward, make 1/2 turn right stepping Rf forward (&), Lf step forward (12.00)
5-6 make 1/2 turn left stepping Rf back, make 1/2 turn left stepping Lf forward
7 hold
8&a1 Rf step together and behind Lf, Lf step in place (&), Rf step in place (a), Lf cross in front of Rf

AS3: 1/4 Turn R, Kick/Ball/Step, Step Forward R, Mambo Step Forward L, Back, 1/2 Turn L, Step Forward L, 1/4 Turn L, Step R

2&3 make 1/4 turn right kicking Rf forward (3.00) , Rf step together (&), Lf step forward
4 Rf step forward
5&6 Lf rock forward, recover onto Rf (&), Lf step back
7&8 Rf step back, make 1/2 turn left (9.00) stepping Lf forward (&), make 1/4 turn left stepping Rf right (6.00)

AS4: Weave, Rock R, Recover L, Full Turn R With Touch L, Hold, Modified Sailor Step

1&2 Lf cross behind Rf, Rf step right (&), Lf cross in front of Rf
3-4 Rf rock right, recover onto Lf making 1/4 turn right (9.00)
5-6 make 1/2 turn right stepping Rf forward (3.00), make 1/4 turn right touching Lf left (6.00)
7&8& hold, Lf cross behind Rf (&), Rf step right, Lf step left (&)

Part B: 32 counts

BS1: Skates (R, L), Shuffle On Right Diagonal With Flick, Cross, Unwind 3/4 Turn R, Modified Cross Sailor Steps Traveling Backwards

1-2 Rf skate forward right, Lf skate forward left
3&4 Rf step forward on right diagonal, Lf step together (&), Rf step forward on right diagonal flicking Lf back
5-6 Lf cross in front of Rf, unwind 3/4 turn right (9.00) weight ending on Lf
7&8& Rf cross in front of Lf, Lf step back slightly on left diagonal (&), Rf step back slightly on right diagonal, Lf cross in front of Rf

BS2: Touch R, Step Forward R, Touch L, Step Forward L, Rock Side R, Recover L With 1/4 Turn L, Step Forward R, Step Forward L

1-2 Rf touch right, Rf step forward

- 3-4 Lf touch left , Lf step forward
- 5-6 Rf rock side right, recover onto Lf with 1/4 turn left (6.00)
- 7-8 Rf step forward, Lf step forward

BS3: Skates (R, L), Shuffle On Right Diagonal With Flick, Cross, Unwind 3/4 Turn R, Modified Cross Sailor Steps Traveling Backwards

- 1-2 Rf skate forward right, Lf skate forward left
- 3&4 Rf step forward on right diagonal, Lf step together (&), Rf step forward on right diagonal flicking Lf back
- 5-6 Lf cross in front of Rf, unwind 3/4 turn right (3.00) weight ending on Lf
- 7&8& Rf cross in front of Lf, Lf step back slightly on left diagonal (&), Rf step back slightly on right diagonal, Lf cross in front of Rf

BS4: Touch R, Step Forward R, Touch L, Step Forward L, Rock Side R, Recover L With 1/4 Turn L, Step Forward R, Step Forward L

- 1-2 Rf touch right, Rf step forward
- 3-4 Lf touch left , Lf step forward
- 5-6 Rf rock side right, recover onto Lf with 1/4 turn left (12.00)
- 7-8 Rf step forward, Lf step forward

Tag:Rocking Chair

- 1-2 Rf rock forward, recover onto Lf
 - 3-4 Rf rock back, recover onto Lf
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