

Sleepwalk

拍数: 32 墙数: 2 级数: Beginner
编舞者: Diana Bishop (AUS) - March 2019
音乐: Sleepwalk - The Shires



FWD SHUFFLE , FWD, ARM SWAYS FWD & BACK

1&2.3.4 Step R Fwd, Step L Next To R, Step R Fwd, Step L Fwd & Do The Below On Beats 3, 4,
**Arms Movements; Bring Arms From Sides, Push Arms Fwd, Over Head As You Lean Fwd Touch Fingers
Tog-, Spread Arms To Sides Place Hands To Sides Palms Up, Recover Weight On R**

BACK SHUFFLE, BACK, FWD, SPREAD ARMS TO SIDES ON STEP BACK, turn head L

5&6.7.8 Step L Back, Bring R Next To L, Step L Back, Step R Back, Spread Arms Out To Sides Lean
Back Spread Fingers Out Palms Facing Up, Turn Head To L Side, Little Kick With L Fwd,
Recover Weight Fwd Onto L, (To Start ½ Shuffle Turn L)

½ SHUFFLE TURN L, BACK, FWD,

1&2.3.4 ½ Turning Shuffle To L On R,L,R, Step L Back, Step R Fwd (Slow Shuffle Turns)

½ SHUFFLE TURN R, BACK, FWD,

5&6.7.8 1/2 Turning Shuffle To R On L,R,L, Step R Back, Step L Fwd (Slow Shuffle Turns)

MAMBO FWD, HOLD, MAMBO BACK, HOLD

1&2.3&4 Step R Fwd, Step L In Place, Step R Next To L, Hold, Step L Back, Step R In Place, Step L
Next To R, Hold

1/2 PIVOT TURN L, L SHUFFLE FWD,

5&6.7&8 Step R Fwd, Turn Body ½ To L, Step L In Place Step, Step R Fwd. Shuffle Fwd On L,R,L

MOVING FWD UP THE FLOOR, SIDE, STEP FWD, CROSS, SIDE, FWD, CROSS

1&2.3&4 Moving Fwd Up The Floor, Step R To R, To R, Step L Fwd (Moving Fwd) Step R Across L
(Moving Fwd) Step L To L, To L, Step R Fwd (Moving Fwd) Step L Across R (Moving Fwd)

MOVING FWD UP THE FLOOR, SIDE, STEP FWD, CROSS, SIDE, FWD, CROSS

5&6.7&8 Moving Fwd Up The Floor, Step R To R, To R, Step L Fwd (Moving Fwd) Step R Across L
(Moving Fwd) Step L To L, To L, Step R Fwd (Moving Fwd) Step L Across R (Moving Fwd)

START AGAIN
