

How Do You Sleep?

拍数: 32 墙数: 2 级数: Improver
编舞者: Jubi Kim (KOR) - July 2019
音乐: How Do You Sleep? - Sam Smith



Intro: 16 counts. 2 Tags, 1 Restart.

Sec 1 : Head Movement R L, Step Back, Rock Back/Recover, Side Point, Flick, Cross, Side, 1/4 Turn L

1, 2 Look at the right diagonal (1), Look at the left diagonal (2)
3, 4 RF step back with LF popping knee (3), LF step back with RF popping knee (4)
5&6& RF rock back (5), Recover LF (&), RF point to the right side (6), RF flick to the right (&)
7&8 RF cross over LF (7), LF to the left side (&) 1/4 Turn left RF step back with Press both shoulders back slightly (9:00) (8),

Sec 2 : Hold, Step Back, Out Out, Knee In Out, Push Shoulders R, L, R, 1/4 Turn R

1&2 Hold (1), LF step back (&), RF step back (2)
3, 4 LF step to the left (3), RF step to the right (4)
5, 6 Both knees in (5), Both knees out and push the shoulders to the right (6)
7&8 Push the shoulders to the left (7), Push the shoulders to the right (&), 1/4 Turn right weight on LF (12:00) (8)

Sec 3 : Coaster Step, Rock Forward/Recover, Side, Sailor R, Sailor 1/2 Turn L, Side

1&2 RF step back (1), LF next to RF (&), RF step forward (2)
3&4 LF rock forward (3), Recover RF (&), LF step to the left side (4)
5&6 Cross RF behind LF (5), LF next to RF (&), RF step forward (6)
&7&8 Cross LF behind RF (&), 1/4 Turn left RF next to LF (7), 1/4 Turn left LF cross over RF (&), RF step to the right side (6:00) (8)

Sec 4 : Hitch (R,L,R,R), Hip Sway (R,L,R), Hip Sway (L,R,L)

1&2& Hitch RF (1), RF step to the right side (&), Hitch LF (2), LF step to the left side (&)
3&4 Hitch RF (3), Touch RF to the right side (&), Hitch RF (4)
5&6 (4 counts from here, Put your hands under your right ear as if you were sleeping) RF step to the right side with hip sway right (5), LF step to the left side with hip sway left (&), RF step to the right side with hip sway right (6)
7&8 LF step to the left side with hip sway left (7), RF step to the right side with hip sway right (&), LF step to the left side with hip sway left (8)

*Restart : During 5 Wall After 16 counts, Add '&' count

*& RF next to LF

*Tag 1 : 16 counts After 3 Wall

Tag Sec 1 : Hitch (R,L,R,R), Hitch (L,R,L,L)

1&2& Hitch RF (1), RF step to the right side (&), Hitch LF (2), LF step to the left side (&)
3&4 Hitch RF (3), Touch RF to the right side (&), Hitch RF (4)
5&6& Hitch LF (5), LF step to the left side (&), Hitch RF (6), RF step to the right side (&)
7&8 Hitch LF (7), Touch LF step to the left side (&), Hitch LF (8)

Tag Sec 2 : Side, 1/4 Turn R Touch, 1/4 Turn R Side, Together, Hip Sway (R,L,R), Hip Sway (L,R,L)

1&2 LF step to the left side with look at the left and raise up arms (1), Bounce the body (&), 1/4 Turn right Touch RF next to LF (2)
3&4 1/4 Turn right Step RF to the right side with look at the right and raise up arms (3), Bounce the body (&), Together LF next to RF (4)

- 5&6 (4 counts from here, Put your hands under your right ear as if you were sleeping) RF step to the right side with hip sway right (5), LF step to the left side with hip sway left (&), RF step to the right side with hip sway right (6)
- 7&8 LF step to the left side with hip sway left (7), RF step to the right side with hip sway right (&), LF step to the left side with hip sway left (8)

***Tag 2 : 32 counts After 6 Wall – Tag 1 X 2**

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Enjoy Dance
