

Sleeping Single In A Double Bed

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Easy Intermediate
编舞者: Kevin Richards (USA) - May 2020
音乐: Sleeping Single In A Double Bed (Dave Audé Remix) - Barbara Mandrell & Dave Audé



[1-8] R Side Shuffle, L Rock Recover, L Side Shuffle ¼ R, R Rock Recover

1&2 Right Side Shuffle (R-L-R)
3-4 Left Rock Back, Right Recover
5&6 Left Side Shuffle while making a ¼ Right (L-R-L)
7-8 Right Rock Back, Left Recover- Now Facing 3 O'Clock

[9-16] R Step, L Scuff, L Mambo, R Step Back, L Toe Tap, L Shuffle Forward

1-2 Right Step Forward, Left Scuff Forward
3&4 Left Rock Forward, Right Recover Back, Left Step Together
5-6 Right Step Back, Left Toe Tap in Front of Right
7&8 Left Shuffle Forward (L-R-L)

[17-24] R Step Forward, Pivot 1/2 L, R Side Shuffle 1/4 L, L Rock Recover, L Step, R Touch Across

1-2 Right Step Forward, Pivot ½ Left- Now Facing 9 O'Clock
3&4 Right Side Shuffle while making a ¼ Left (R-L-R)- Now Facing 6 O'Clock
5-6 Left Rock Back, Recover Right
7-8 Left Step Forward At Angle Left, Right Toe Tap Across Left and Snap

[25-32] R Step, L Touch Behind, L Step, R ¼ Hitch, R Shuffle, L Out, R Out, L In

1-2 Right Step Back At Angle Right, Left Toe Tap Behind Right and Snap
3-4 Left Step To Left Side, Right Hitch ¼ Right- Now Facing 9 O'Clock
5&6 Right Shuffle Forward (R-L-R)
7&8 Left out, Right Out, Left In

[33-40] R L Toe Switch, R Heel Forward, L Toe Back, Repeat with L

33&34& Right Toe out To Right Side, Right Home, Left Toe Out To left Side, Left Home
35&36 Right Heel Forward, Right Home, Left Toe Back
37&38& Left Toe Out To The Left Side, Left Home, Right Toe Out To Right Side, Right Home
39&40 Left Heel Forward, Left Home, Right Toe Back

[41-48] R Grind ¼ R Recover, R Coaster, L Rock Recover, L Coaster Step

41-42 Right Heel Grind while making a ¼ Right, Left Recover- Now Facing 12 O'Clock
43&44 Right Coaster Step
45-46 Left Rock Forward, Right Recover
47&48 Right Coaster Step

[49-56] Repeat p41-48[-Now Facing 3 O'Clock

[57-64] R Step Forward, Pivot ½ L, R Step Forward, 2 Heel Bounces ¼ L, L Step, R Heel Out, R Step, L Stomp

57-58 Right Step Forward, Pivot ½ Left- Now Facing 9 O'Clock
59&60 Right Step Forward, Two Heel Bounces while making a ¼ Left (end with weight on the right)-
Now Facing 6 O'Clock
61-62 Left Large Step To The Left, Slide Right together with Heel extended to Right
63-64 Right Step Home, Left Stomp Home

