

In My Sleep

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
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音乐: Talking In My Sleep - Paul Rey



One Restart after 16 counts on wall 4, at 6 O'clock.

One Tag with restart on wall 7 at 9 O'clock. The tag is a 4 counts rocking chair on R.

Counts in: 16

[1-8]: R cross rock, R chassé, R syncopated weave.

1-2 cross R over L, weight back on L. 3&4: Step R to R side, L beside R & R to R side.

5-6 cross L over R, R to R side. 7&8: step L behind R & R to R, cross L over R

[9-16]: Step turn ¼ L, R shuffle fwd. L fwd rock step. Triple full turn L, 9 O'clock

1-2 Step R to R turning ¼ L stepping fwd on L. 3&4: R fwd & L beside R, R fwd

5-6 Step fwd on L, weight back on R. 7&8: tripple turn L. Fwd on L & back on R, fwd on L

(Restart here on wall 4 at 6 O'clock. Tag on wall 7 at 9 O'clock: 1-4: Rocking chair Step fwd on R, weight back on L, step back on R, weight fwd on L and Restart.)

[17-24]: Jazz box ¼ turn R X2, 3 O'clock

1-4 Cross R over L, step back on L, turn ¼ R stepping R to R, L beside R,

1-8 Repeat 1-4

[25-32]: Rock fwd on R, run back on R. Rock back on L, triple full turn R

1-2 Step fwd on R, weight back on L. 3&4: Run small steps back, R & L, R

5-6 Step back on L, weight fwd on R. 7&8: triple full turn R stepping fwd on L & back on R, fwd on L.

To do the dance for a beginner group, or if you don't like full turns, replace them with coaster step. But the second one will be a coaster fwd.

Dance and smile.

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