

Sleep On My Side

COPPERKNOB
BY STEPHEN

拍数: 64 墙数: 4 级数: Improver - Smooth 2S
编舞者: Astrid Kaeswurm (DE) - May 2023
音乐: Sleep on My Side - Megan Moroney : (Album: Lucky - iTunes)



Restart wall 3: After 16 Counts

#32 Counts Intro

[1 – 8] Walk, Hold, Walk, Hold, Step ½ Turn, Walk, Hold

1, 2 R walk forward, hold
3, 4 L walk forward, hold
5, 6 R step forward, turn ½ turn L (weight change to L)
7 R walk forward, hold

[9 – 16] Walk, Hold, Walk Hold, Step ¼ Turn, Cross

1, 2 L walk forward, hold,
3, 4 R walk forward, hold
5, 6 L step forward, turn ¼ turn R (weight change to R)
7, 8 L Cross, hold

Restart Wall 3: Dance the first 14 Counts and add the following 2 counts

7, 8 L together, hold

[17 – 24] Sway, Hold, Sway, Hold, Slow Shuffle Side, Hold

1, 2 sway R, hold
3, 4 sway L, hold
5, 6, 7 R side, L close to R, R side
8 hold

[25 – 32] Sway, Hold, Sway, Hold, Slow Shuffle ¼ Turn, Hold

1, 2 sway L, hold
3, 4 sway R, hold
5, 6, 7 L side, R close to L, ¼ turn L step L forward
8 hold

[33 - 40] Touch, Hold, Touch, Hold, Behind Side Cross, Hold

1, 2 touch R forward, hold
3, 4 touch L side, hold
5 – 6 R cross behind L, step L side
7 R cross over L
8 hold

[41 - 48] Touch, Hold, Touch, Hold, Behind ¼ Turn, Step

1, 2 touch L forward, hold
3, 4 touch R side, hold
5, 6, 7 L cross behind R, ¼ turn R step R forward, L forward
8 Hold

[49 – 56] Cross, Hold, Back, Hold, Slow Shuffle Side, Hold

1, 2 R cross over L, hold
3, 4 L back, hold
5, 6, 7 R side, L together R, R side
8 hold

[57 – 64] Jazz Triangle

- 1, 2 L cross over R, hold
- 3, 4 R back, hold
- 5, 6 L side, hold
- 7, 8 R together L, hold

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