

Sleep Alone

拍数: 72 墙数: 4 级数: Phrased High Improver
编舞者: Peter Stang (DE) - November 2024
音乐: Sleep Alone - Iggi Kelly



Start, Sequenz starts after 16 counts, Sequenz: A B A B A B CC A BB A

[A: 32c

[1-8] Step right, L-Close, Chasse r, CrossRock

1,2,3&4 R-Step right, L-Close, R-Step right, L-Close, R-Step right,
5-8 L-Cross over R, R-Recover, L-Rock back, R-Recover,

[9-16] Step left, R-Close, Chasse l, CrossRock

1,2,3&4 L-Step left, R-Close, L-Step left, R-Close, L-Step left,
5-8 R-Cross over L, L-Recover, R-Lock back, L-Recover,

[17-24] R-Rock forw, Shuffle back, L-Rock back, Rec, L-Close, Touch next L

1,2,3&4 R-Rock forw, L-Recover, R-Step back, L-Lock before R, R-Step back,
5-8 L-Rock back, R-Recover, L-Close, R-Touch next to L

[25-32] ½ Monterey Turn right, 2MamboSteps r;l

1-4 R-Point right, ½ Turn right R-Close, L-Point left, L-Close
5&6 R-Step right, L-Recover, R-Close
7&8 L-Step left, R-Recover, L-Close

[B: 32c

[1-8] Cross, Step, Crossing Shuffle, RockingChair

1,2,3&4 R-Cross over L, L-Step side, R-Cross Over L, L-Step Side, R-Cross over L,
5-8 L-Step forw, R-Recover, L-Step back, R-Recover

[9-16] Cross, Step, Crossing Shuffle, RockingChair

1,2,3&4 L-Cross over R, R-Step side, L-Cross Over R, R-Step side, L-Cross over R,
5-8 R-Step forw, L-Recover, R-Step back, L-Recover

[17-24] 2xStepTurn left, Turning Jazz-Triangle

1-4 R-Step forw, Turn ¼ left, R-Step forw, Turn ¼ left
5-8 R-Cross over L forw, L-Step back, Turning ¼ right R-Step right, L-Close to R

[25-32] Cuban Breaks r;l

1&2&3&4 R-Cross over L, L-Recover, R-Step r, L-Recover, R-Cross over L, L-Recover, R-Step right
5&6&3&4 L-Cross over R, R-Recover, L-Step l, R-Recover, L-Cross over R, R-Recover, L-Step left

[C: 8c

[1-8] 2 Nightclub basic, Shuffle forw, Step Turn Step

1,2& R-Slide right, L-Cross behind R, R-Cross over L,
3,4& L-Slide left, R-Cross behind L, L-Cross over R,
5,6& R-Step forw, L-Lock behind R, R-Step forw,
7,8& L-Step forw, ½ Turn right, L-Step forw

Have fun ☺ R = right foot, L = left foot