

# Sleep

拍数: 32      墙数: 4      级数: Beginner  
编舞者: William Sevone (UK)  
音乐: Sleep (feat. Paul Buchanan) - Texas



## 4X SIDE STEP-TOUCH WITH EXPRESSION (12:00)

- 1-2            (Turning body diagonally right) step right foot to right, (turning to face forward) touch left next to right  
3-4            (Turning body diagonally left) step left foot to left, (turning to face forward) touch right next to left  
5-6            (Turning body diagonally right) step right foot to right, (turning to face forward) touch left next to right  
7-8            (Turning body diagonally left) step left foot to left, (turning to face forward) touch right next to left

The above 8 counts are done 'softly', and moving slightly backward

## TOE STEP, ½ RIGHT, 2X STEP LOCKSTEP, FORWARD, PIVOT ½ RIGHT (12:00)

- 9-10            Step right toe backward, turn ½ right (dropping right heel to floor)  
11&12          Step lockstep forward - stepping left, right-left  
13&14          Step lockstep forward - stepping right, left-right  
15-16          Step forward onto left foot, pivot ½ right (weight on right)

## CROSS, BACK, 2X SWAY, 2X CROSS SHUFFLE WITH EXPRESSION (12:00)

- 17-18          Cross step left over right, step backward onto right foot  
19-20          Sway body - stepping left foot to left, sway to right  
21&22          Cross shuffle right - stepping left, right-left  
23&24          Cross shuffle left - stepping right, left-right

Cross shuffles are moving slightly forward

## 2X SWAY, 2X CROSS SHUFFLE WITH EXPRESSION, FORWARD, ¼ RIGHT TOUCH (3:00)

- 25-26          Sway body - stepping left foot to left, sway to right  
27&28          Cross shuffle right - stepping left, right-left  
29&30          Cross shuffle left - stepping right, left-right

Cross shuffles are moving slightly forward

- 31-32          Step left foot forward, turning ¼ right - touch right next to left

REPEAT