

Sleep On It

拍数: 32 墙数: 2 级数: Beginner
编舞者: Charles Thornhill (UK)
音乐: Maybe We Should Sleep On It Tonight - Tim McGraw



3 TOE STRUTS, STEP, SLIDE TOGETHER

- 1 Touch right toe forward, heel up
- 2 Step onto right
- 3 Touch left toe forward, heel up
- 4 Step onto left
- 5 Touch right toe forward, heel up
- 6 Step onto right
- 7 Extended step forward on left
- 8 Slide right next to left, taking weight on right

2 SUGARFOOT & CROSS, COASTER STEP

- 9 Tap left toe to right in-step
- 10 Tap left heel to right in-step
- 11 Cross left over right
- 12 Tap right toe to left in-step
- 13 Tap right heel to left in-step
- 14 Cross right over left
- 15 Step left back
- & Step right next to left
- 16 Step left forward

STEP, TOE TAP, STEP, HEEL TAP

- 17 Step right forward
- 18 Tap left toe behind right
- 19 Step left back
- 20 Tap right heel forward

STEP & TURN, TOE POINT, HOLD, CROSS STEP

- 21 Step right forward with $\frac{1}{4}$ turn to the right
- 22 Touch left toe out to left side
- 23 Hold and look left
- 24 Cross left over right

CHASSE RIGHT

- 25 Step right to right side
- & Step/slide left next to right
- 26 Step right to right side

REVERSE $\frac{1}{4}$ PADDLE TURN TO THE LEFT

- 27 Rock back onto left starting a $\frac{1}{4}$ turn to the left
- 28 Rock forward onto right completing a $\frac{1}{4}$ turn to the left

SHUFFLE FORWARD, STEP, PIVOT $\frac{1}{2}$ TURN

- 29 Step left forward
- & Step/slide right behind left
- 30 Step left forward

- 31 Step right forward
- 32 Pivot $\frac{1}{2}$ turn to the left

REPEAT
