

Sleeping Light

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Anita Ludlow (UK)
音乐: Sleepin' On the Foldout - Brad Paisley



FORWARD, SLIDE, JACK HEEL & HOLD, SYNCOPATED FORWARD ROCK TWICE

- 1-2&3-4 Step right forward, slide left up to meet right, step back on right, dig left heel forward & hold for one count
- &5-6&7-8& Step left in place, rock right forward across left, recover weight on left, step right in place, rock left forward across right, recover weight on right. Step left in place.

SIDE, BEHIND, CHASSE, 2 PADDLES ¼ TURNING

- 1-2-3&4 Step right to right side, cross left behind right, chasse right (step right to right side, step left next to right, step right to right side)
- 5-8 Right foot remains on the floor as the left pushes the body around to the right with 2 x paddle turns (1/8 turn twice)

FORWARD, SLIDE, JACK HEEL & HOLD, SYNCOPATED FORWARD ROCK TWICE

- 1-16 Repeat above 16 counts but reversing everything

CROSS SIDE SHUFFLE, CHASSE, ¼ TURN & SHUFFLE BACK, COASTER STEP

- 1&2-3&4 Step right over left, step left to left side, step right over left. Step left to left side, step right next to left, step left to left side
- 5&6-7&8 Quarter turn & right shuffle back (right/left/right), coaster step (step left back, step right next to left, step left forward)

STEP FORWARD & HOLD STEP, STEP, BRUSH TWICE

- 1-2&3-4 Step right forward, hold for one count, step left just behind right, step right forward, brush left next to right
- 5-6&7-8 Repeat but reversing

STEP BRUSH, STEP BRUSH, CHASSE, ROCK BACK

- 1-4 Step right to right side, brush left forward, step left in place, brush right forward
- 5&6-8 Chasse right (step right to right side, step left next to right, step right to right side) rock left leg back, recover weight onto right

STEP BRUSH, STEP BRUSH, CHASSE, ROCK BACK

- 1-8 Repeat as above 8 counts but reversing everything

REPEAT
