

Sleepwalkin'

拍数: 56 墙数: 2 级数:
编舞者: Jean E. David (USA)
音乐: On a Good Night - Wade Hayes



WALK FORWARD RIGHT, LEFT, RIGHT; LEFT TOE TOUCH

- 1 Walk forward on right foot
- 2 Walk forward on left foot
- 3 Walk forward on right foot
- 4 Touch left foot next to right, bending left knee.

WALK BACKWARD LEFT, RIGHT, LEFT; BRING LEFT HEEL OUT

- 5 Walk backward on left foot
- 6 Walk backward on right foot
- 7 Walk backward on left foot
- &8 Right foot steps back & bring left heel out.

WALK FORWARD LEFT, RIGHT, LEFT; KICK RIGHT FOOT OUT.

- 9 Walk forward on left foot
- 10 Walk forward on right foot
- 11 Walk forward on left foot
- 12 Kick right foot out.

CROSS RIGHT FOOT OVER LEFT MAKING ½ TURN LEFT & CLAP

- 13 Cross right foot over left foot
- 14 Make ½ turn to the left
- 15 Come down on both heels
- 16 Clap

REVERSE HEEL STRUTS/TOE STRUTS

- 17-18 Step right toe/heel forward
- 19-20 Step left toe/heel forward
- 21-22 Step right toe/heel forward
- 23-24 Step left toe/heel forward

BACKWARD SHUFFLE STEPS

- 25-26 Right foot backward - shuffle right, left, right
- 27-28 Left foot backward - shuffle left, right left
- 29-30 Right foot backward - shuffle right, left, right
- 31-32 Left foot backward - shuffle left, right left

RIGHT ROLLING GRAPEVINE INTO REGULAR GRAPEVINE

- 33-35 Rolling grapevine to the right, making full turn
- 36 Cross left foot in front of right foot
- 37 Right foot steps to right side
- 38 Left foot steps behind right foot
- 39 Right foot steps to right side
- 40 Touch left foot next to right foot

LEFT ROLLING GRAPEVINE INTO REGULAR GRAPEVINE

- 41-43 Rolling grapevine to the left, making full turn

- 44 Cross right foot in front of left foot
- 45 Left foot steps to left side
- 46 Right foot steps behind left foot
- 47 Left foot steps to left side
- 48 Touch right foot next to left foot

STEP TO RIGHT, SHAKE SHOULDERS, SLIDE LEFT, FOOT NEXT TO RIGHT & CLAP

- 49 Step right foot to right side
- 50-51 Shake shoulders for the count of two
- 52 Slide left foot next to right foot and clap
- 53 Step right foot to right side
- 54-55 Shake shoulders for the count of two
- 56 Slide left foot next to right foot and clap

REPEAT
