

Sleep Walkin'

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Matt Krabbe (USA) - January 2009
音乐: I Can Sleep When I'm Dead - Jason Michael Carroll



Upbeat East Coast swing tempo

STOMP HOLD FORWARD WITH HAND CLAPS

1-2& Stomp right forward, Hold and clap, Step left forward beside right
3-4& Stomp right forward, Hold and clap, Step left forward beside right
5-6& Stomp right forward, Hold and clap, Step left forward beside right
7-8 Stomp right forward, Hold and clap

SAILOR SHUFFLES TRAVELING BACK

1&2 Cross right behind left, Step left on left, Step right in place
3&4 Cross left behind right, Step right on right, Step left in place
5&6 Cross right behind left, Step left on left, Step right in place
7&8 Cross left behind right, Step right on right, Step left in place

STEP LOCK, STEP BRUSH, STEP LOCK, STEP BRUSH

1-4 Right step forward, Lock left behind right, Right step forward, Brush left forward
5-8 Left step forward, Lock right behind left, Left step forward, Brush right forward

ROCK STEP TRIPLE BACKWARD FULL TURN RIGHT, ROCK STEP

1-2 Right rock forward, recover weight on left
3&4 Step side right turning $\frac{1}{4}$ turn right, left step beside right. Right step to right
5&6 Left step to side turning $\frac{1}{2}$ turn right, step right beside left, left step to side
7-8 Right rock back turning $\frac{1}{4}$ turn right, recover weight on left facing front wall again

TRIPLE RIGHT, ROCK RECOVER, TRIPLE LEFT, ROCK RECOVER

1&2 Right step to side, left step next to right, Right step to side
3-4 Left rock back on diagonal, recover weight on right
5&6 Left step to side, right step next to left, Left step to side
7-8 Right rock back on a diagonal, recover weight on left

KICK BALL STEP FORWARD X2, STOMP HOLD, $\frac{1}{2}$ TURN LEFT. HOLD

1&2-3&4 Right kick forward, place right next to left, Left step forward, Repeat steps 1&2
5-8 Right stomp forward, Hold, Turn $\frac{1}{2}$ turn left taking weight on left, Hold

REPEAT STEPS 41-48

JAZZ BOX HOLD STEPS, KNEE BUMPS

1-4 Right cross in front of left, Hold, Left step back, Hold
5-6 Right step to side, Hold,
7&8 Left step beside right, bend both knees out, bring knees back together

Begin Again

Note: At end of 2nd wall only, (after chorus vocals ended) Repeat steps 57-64

Styling on jazz box should be very relaxed to appear as if you're slumping trying to stay awake