

Sleepwalking

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Ann Robb (UK) & Alex Robb (UK) - October 2013
音乐: Sleepwalking - Lissie : (Album: Back to Forever - iTunes - 4:15)



Intro: 64 counts (Start on vocals)

Note: Dance starts as a 2 wall (front & back) After 1st restart changes to side walls.
After 2nd restart dance reverts back to front & back. Restarts: Walls 4 & 7 after 32 counts

Step Lock, Step-Lock-Step, Step, Touch, Back-Cross-Back

1,2 Step fwd on Right , Lock Left behind Right (Right diagonal)
3&4 Step fwd on Right, Lock Left behind Right, Step fwd on Right (Right diagonal)
5,6 On Left diagonal Step fwd on Left, Touch Right toe behind Left
7&8 Step back on Right, Cross Left over Right, Step back on Right (Left diagonal)

1/4 Side Rock, Recover, Behind, Side, Cross Shuffle, Side, Touch

1,2 Turn 1/4 Left rocking to Left side, Recover on Right
3,4 Step Left behind Right, Step Right to Right side
5&6 Cross step Left over Right, Step Right to Right side, Cross Left over Right
7,8 Step Right to Right side, Touch Left next to Right

1/4 Turn, 1/2 Turn, Shuffle 1/4 Turn, Cross, 1/2 Hinge, Cross

1,2 Turn 1/4 Left stepping fwd on Left, Turn 1/2 Left stepping back on Right
3&4 Turn 1/4 Left stepping Left to Left side, Step Right beside Left, Step Left to Left side
5 - 8 Cross Right over Left, Turn 1/4 Right stepping back on Left, Turn 1/4 Right stepping Right to Right side, Cross Left over Right

Touch Back, 1/2 Turn, Shuffle 1/2 Turn, Rock Back, Recover, Heel-Ball-Step

1,2 Touch Right toe back, Turn 1/2 Right stepping down on Right,
3&4 Shuffle 1/2 turn Right stepping Left-Right-Left
5,6 Rock back on Right, Recover on Left
7&8 Touch Right heel fwd, Step Right next to Left, Step fwd on Left *Restart wall 4 & 7*

Point , 1/2 Turn, Side Shuffle, 1/8 Turn, Touch, 1/4 Turn, Touch

1,2 Point Right toe to Right side, Turn 1/2 Right stepping Right beside Left
3&4 Step Left to Left side, Step Right beside Left, Step Left to Left side
5,6 Turn 1/8 Left stepping Right to Right side, Touch Left next to Right (7.30)
7,8 Turn 1/4 Left Stepping fwd on Left, Touch Right next to Left (4.30)

1/4 Turn, Touch, Side Shuffle, Rock Fwd, Recover, Coaster Step

1,2 Turn 1/4 Left stepping Right to Right side, Touch Left next to Right (1.30)
3&4 Turn 1/8 Left & step Left to left side, Step Right beside Left, Step Left to Left side (12.00)
5,6 Rock fwd on Right, Recover on left
7&8 Step back on Right, Step Left next to Right, Step fwd on Right

1/4 Turn Point, 1/4 Turn Step, Kick-Ball-Step, 1/4 Turn Point, 1/4 Turn Step, Kick-Ball-Step

1,2 On ball of Right turn 1/4 Right & point Left to Left side, Turn 1/4 Left stepping down on Left
3&4 Kick Right fwd, Step Right next to Left, Step fwd on Left
5,6 On ball of Left turn 1/4 Left & point Right to Right side, Turn 1/4 Right stepping down on Right
7&8 Kick Left fwd, Step Left next to Right, Step fwd on Right

Step, 1/2 Turn, Shuffle 1/2 Turn, Step Back, Half Turn, Kick-Ball-Step

1,2 Step fwd on Left, Pivot 1/2 turn Right (weight on Right)
3&4 Shuffle 1/2 turn Right stepping Left-Right-Left
5,6 Step back on Right, Turn 1/2 Left stepping fwd on Left
7&8 Kick Right fwd, Step Right next to Left, Step fwd on Left

Start Dance Again

Ending: On Wall 9 dance up to count 20 (Side Shuffle) then cross Right over Left, Turn 1/4 Right stepping back on Left, Turn 1/2 Right stepping fwd on Right, Step fwd on Left, Step fwd on Right (finishing on front wall)

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