

Let Us Sleep (P)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 0
編舞者: Gerry Frazer (USA) - May 2015
音樂: Wake Me Up - Derek Ryan

級數: Beginner / Improver Partner



This partner dance is an adaptation of the line dance "Let Me Sleep" by Lorna Mursell.

Both partners use the same footwork. Start with couple facing LOD in sweetheart position (man on left, lady on right, left hands joined with lady's left arm outstretched in front of man's chest, man's right arm outstretched behind lady with right hands joined in front of lady's right shoulder).

SIDE ROCK, RECOVER, CROSSING SHUFFLE, TURN, TURN, SHUFFLE FORWARD

1-2 Rock right to side, recover onto left
3&4 Cross right over left and diagonally forward, step left together, cross right over left and diagonally forward
5-6 Turn 1/4 right & step left back, turn 1/4 right & step right forward
7&8 Step left forward, step right together, step left forward (RLOD)

ROCK, RECOVER, 1/2 TURN SHUFFLE, WALK x2 (LADIES TURN x2), FORWARD SHUFFLE

1-2 Rock forward on right, recover onto left
3&4 Turn 1/4 right and step right to side, step left beside right, turn 1/4 right and step right forward
5-6 Man - Step left forward, step right forward
5-6 Lady - Turn 1/2 right and step left back, turn 1/2 right and step right forward
7&8 Step left forward, step right beside left, step left forward (LOD)

Hands: □

On count 3, drop right hands and raise joined left hands as lady passes under.

On count 4, rejoin right hands at waist level in front of couple, and drop left hands.

On count 5, raise joined right hands as lady passes under.

On count 7, rejoin left hands and resume sweetheart position.

SKATE X 4, TURN INSIDE & STEP RIGHT, BEHIND, TURN TO LOD & SHUFFLE

1-2 Step right diagonally forward, step left diagonally forward
3-4 Step right diagonally forward, step left diagonally forward
5-6 Turn 1/4 left and step right to side, step left behind right
7&8 Turn 1/4 right and step right forward, step left beside right, step right forward

Hands: □

On count 4, drop left hands.

On count 5, pass joined right hands over lady's head and rejoin left hands at left side of man's waist.

On count 7, drop left hands and pass joined right hands over lady's head.

On count 8, rejoin left hands, returning to sweetheart position.

TURN OUTSIDE & STEP LEFT, BEHIND, TURN TO LOD & SHUFFLE, JAZZ BOX, CROSS

1-2 Turn 1/4 right and step left to side, step right behind left
3&4 Turn 1/4 left and step left forward, step right beside left, step left forward
5-6 Cross right over left, step left back
7-8 Step right to side, cross left over right

REPEAT

Contact: gerfrazer@yahoo.com