

# Sleepy Heads

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 4      級數: Beginner / Improver  
編舞者: Jan Brookfield (UK) - May 2016  
音樂: Sleep on It - Paul Carrack



Start after 16 counts on the word "listening"

## Section 1 : CROSS ROCK, RECOVER, CHASSE RIGHT, JAZZBOX CROSS

1,2            Step R across in front of L, recover onto L  
3&4            Chasse right on R,L,R  
5,6,7,8        Step L across R, step back on R,, step on L next to R, step R across L

## Section 2 : STEP, TOUCH, STEP, TOUCH, CHASSE ¼ TURN, STEP FORWARD, ¼ PIVOT TURN

9,10,11,12    Step L to side, touch R next to L, step R to side, touch L next to R  
13&14        Chasse with quarter turn left on L,R,L (facing 9 o'clock)  
15,16        Step R forward, make a quarter pivot turn left (weight now on L facing 6 o'clock)

**\*Restart needed here on the 6th wall (you will be facing 9 o'clock when you restart the dance)**

## Section 3 : CROSS ROCK, RECOVER, SIDE ROCK, RECOVER, CROSS SHUFFLE, TOE STRUT

17,18,19,20    Rock R across L, recover onto L, rock R out to right side, recover onto L  
21&22        Cross shuffle in front to left side on R,L,R  
23,24        Toe strut to left side on L, toes first then heel

## Section 4 : CROSSING TOE STRUT, SIDE ROCK, RECOVER, CROSS SHUFFLE, ROCK ¼ PIVOT TURN

25,26        R toe strut across L, toes first then heel  
27,28        Rock L to left side, recover onto R  
29&30        Cross shuffle in front to right side on L,R,L  
31,32        Rock R to side, pivot quarter turn to left (weight now on L facing 3 o'clock)

**NB : Restart Needed With Paul Carrack Track On 6th Wall After 16 Counts**