

Sleepy Heads

COPPER KNOB
BY SHEETS

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