

Sleeping To Dream

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Kim Lillskog (SWE) - August 2018
音樂: Sleeping to Dream - Jason Mraz : (Album: Know.)



#16 count intro

Walk, walk, Anchor step, ball step, Step, Step 1/2 turn L

1-2 Walk forward RF, LF
3&4 Step RF behind LF, Step LF in place, Step RF in place
&5 Step back on ball of LF, recover weight onto RF
6-7-8 Step forward on LF, Step forward on RF, Pivot ½ L

1/4 turn L, 1/2 turn L, Sailor step, Behind, Side, Rock forward, 1/2 turn L

1-2 Turn ¼ L stepping RF on R side, Turn ½ L stepping LF to L side
3&4 Cross RF behind LF, Step LF to L side, Step RF to R side
&5 Cross LF behind RF, Step RF to R side
6-7-8 Rock forward on LF, Recover onto RF, Turn ½ L stepping forward on LF

(Option: Add a little hitch after count 1 and make count 2 a bit of a slide to match the timing of the chorus)

Step, Spin ¾ R, Side, Touch, Side, Touch, Side, Cross Rock, 1/2 turn R

1-2 Step forward on RF, on ball of RF turn ¾ R hitching LF
3&4& Step LF to L side, Touch RF next to LF, Step RF to R side, Touch LF next to RF
5 Step LF to L side turning slightly towards 10.30
6-7-8 Cross rock RF over LF, Recover onto LF, Turn ½ R stepping forward on RF (facing 4.30)

Press, Switch, Press & step, Rock forward, Back, ½ turn R, Step forward

1-2& Press LF forward, Recover onto RF, Step LF next to RF turning ¼ L
3&4 Press RF forward, Recover onto LF, Step forward on RF (facing 1.30)
5-6 Rock forward on LF, Recover onto RF
7&8 Step back on LF, Turn ½ R stepping forward on RF, Step LF forward (facing 7.30)

Restart here during wall 5: Instead of a ½ turn for 8&1, turn ¾ to restart facing the original 6 o'clock wall

Rock forward, Back, ½ turn L, Step ½ turn, Step, Triple full turn

1-2 Rock forward RF, Recover onto LF
3&4 Step back on RF, Turn ½ L stepping forward on LF, Step RF forward
&5 Step LF forward, Pivot ½ R (facing 7.30)
6 Step L forward
7&8 Turn ½ L stepping back on RF, Turn ½ L stepping forward on LF, Step RF forward

Step ½ turn R, Cross, Side rock, Cross, Point, Sailor 1/2 turn

1-2 Step LF forward Pivot ½ R
3&4 Cross LF over RF, Rock RF to R side squaring up to 12 o'clock, Recover onto LF
5-6 Cross RF over LF, Point LF to L
7&8 Cross LF behind RF, Turn ¼ L stepping RF to R side, Turn ¼ L stepping forward on LF

Start again

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