How Do You Sleep



拍數: 32 牆數: 4 級數: Intermediate

編舞者: Ed Gomes (NL) - September 2019 音樂: How Do You Sleep? - Sam Smith



SIDE, CROSS BEHIND, REPLACE 2 X, FORWARD, PIVOT TURN 1/2 RIGHT, FORWARD, MAMBO

1-2&	Right foot to side, left foot cross behind right foot, replace
3-4&	Left foot to side, right foot cross behind left foot, replace

5-6&7 Right foot forward, left foot forward, 1/2 turn right step on right foot, left foot forward (6

8&1 Right foot forward, replace left foot, right foot back

SAILOR CROSS, 2 PRISSY WALKS,, SIDE, REPLACE, CROSS BEHIND, 1/4L FORWARD

2&3 Left foot cross behind right foot, right foot to side, left foot cross in front of right foot

4-5 Right foot step across left foot, left foot step across right foot

6-7 Right foot to side, left foot replace,

8& Right foot cross behind left foot, left foot forward 1/4L

REPEATING LOCKSTEP, TOUCH, DIAGONALLY BACK 2 X, TOUCH, SIDE SHUFFLE

1&2& Right foot diagonally to right forward, left foot cross behind right foot, right foot diagonally to

right forward, left foot diagonally to left forward

3&4& Left foot cross behind right foot, left foot diagonally to left forward, right foot diagonally to right

forward, left foot touch next to right foot

Left foot to side, right foot touch next to left foot, right foot to side, left foot touch next to right

toot,

7&8 Left foot to side, right foot close next to left foot, left foot to side

TOUCH BEHIND, 1/2 TURN RIGHT WEIGHT ON RIGHT FOOT, SHUFFLE 1/2 TURN TO RIGHT, BEHIND, 1/2 TURN LEFT, FORWARD, MAMBO CLOSE ½ TURN LEFT

1-2 Right foot touch behind, turn 1/2R weight on right foot,

3&4 Left foot to side 1/4 turn right, close right foot next to left foot, left foot back ¼ turn right

5&6 Right foot back, left foot to side 1/4 turn left, right foot forward 1/4 turn left

7&8 Left foot forward, replace weight back to right foot and start 1/2 turn to left, left foot close next

to right foot completing 1/2 turn left

RESTARTS:-

In the 4 th wall dance 16 counts then restart facing 12 o'clock In the 6 th wall dance 16 counts then restart facing 6 o'clock

END: at the end of the 9th wall turn an extra 1/4 to feft while closing left foot to right foot, to end 12 o 'clock