

Who's Been Sleeping in My Bed

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Pia Rossen (DK) - January 2024
音樂: Who's Been Sleeping in My Bed - Glenn Frey



Intro: 32 count, weight on L foot
No tag, no restart

[1 – 8] CROSS SAMBA R & L, CROSS SIDE, SAILOR STEP WITH A HEEL, TOGETHER

1&2 cross R over L (1) rock L to L side (&) recover onto R (2)
3&4 cross L over R (3) rock R to R side (&) recover onto L (4)
5-6 cross R over L (5) step L to L side (6)
7&8& cross R behind L, (7) step L fwd and out (&) touch R heel fwd (8) step R next to L (&)

[9 – 16] L ROCK FWD, SHUFFLE 1/2 TURN L x 2, L BACK ROCK

1-2 step L fwd (1) recover onto R (2)
3&4 turn 1/4 L stepping L to L side (3) step R next to L (&) turn 1/4 L stepping L fwd (4)
5&6 turn 1/4 L stepping R to R side (5) step L next to R (&) turn 1/4 L stepping back on R (6)
7-8 step L back (7) recover onto R (8)

[17-24] KICK BALL POINT SIDE, CROSS POINT x 2, SAILOR STEP 1/2 R

1&2 kick L foot fwd (1) step L next to R (&) point R toe to R side (2)
3-4 cross R over L (3) point L toe to L side (4)
5-6 cross L over R (5) point R toe to R side (6)
7&8 cross R slightly behind L (7) turn 1/4 R stepping L next to R (&) turn 1/4 R stepping R fwd (8)

[25-32] STEP TURN 1/4 R, CROSS SHUFFLE, MONTEREY TURN 1/2 R

1-2 step L fwd (1) turn 1/4 R (2)
3&4 cross L over R (3) step R to R side (&) cross L over R (4)
5-6 point R toe to R side (5) turn 1/2 R stepping R next to L (6)
7-8 point L toe to L side (7) step L next to R (8)

Start again

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