

Sleepin' On Me

COPPERKNOB
BY STEPHEN T. CHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Nina Chen (TW) - June 2024
音樂: Sleepin' On Me - Meghan Trainor



Intro: 16 counts - No Tag ! No Restart !!

Sec1: R DIAGONAL FWD - HEEL TOE SWIVEL - HITCH, K STEP

1-4 Step Rf to R diagonal fwd - Swivel L heel to R diagonal fwd - Swivel L toe to R diagonal fwd - Hitch Lf
5-8 Step Lf back to L diagonal - Touch Rf beside Lf - Step Rf back to R diagonal - Touch Lf beside Rf

Sec2: L DIAGONAL - HEEL TOE SWIVEL - HITCH, K STEP

1-4 Step Lf to L diagonal fwd - Swivel R heel to L diagonal fwd - Swivel R toe to L diagonal fwd - Hitch Rf
5-8 Step Rf back to R diagonal - Touch Lf beside Rf - Step Lf back to L diagonal - Touch Rf beside Lf

Sec3: JAZZ BOX 1/4 R, ROLLING VINE

1-4 Cross RF over Lf - 1/4 turn R (3:00) step LF back - Step Rf to R - Touch L toe to L
5-8 1/4 turn L (12:00) step Lf fwd - 1/2 turn L (6:00) step Rf back - 1/4 turn L (3:00) step Lf to L - Touch Rf beside Lf

Sec4: MAMBO - KICK, COASTER - BRUSH

1-4 Rock Rf fwd - Recover on Lf - Step Rf back - Kick Lf fwd
5-8 Step Lf back - Step Rf beside Lf - Step Lf fwd - Brush Rf fwd

Have Fun & Happy Dancing !!!

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