

# Sleep Alone

拍數: 72      牆數: 4      級數: Phrased High Improver  
編舞者: Peter Stang (DE) - November 2024  
音樂: Sleep Alone - Iggi Kelly



Start, Sequenz starts after 16 counts, Sequenz: A B A B A B CC A BB A

## [A: 32c

### [1-8] Step right, L-Close, Chasse r, CrossRock

1,2,3&4      R-Step right, L-Close, R-Step right, L-Close, R-Step right,  
5-8      L-Cross over R, R-Recover, L-Rock back, R-Recover,

### [9-16] Step left, R-Close, Chasse l, CrossRock

1,2,3&4      L-Step left, R-Close, L-Step left, R-Close, L-Step left,  
5-8      R-Cross over L, L-Recover, R-Lock back, L-Recover,

### [17-24] R-Rock forw, Shuffle back, L-Rock back, Rec, L-Close, Touch next L

1,2,3&4      R-Rock forw, L-Recover, R-Step back, L-Lock before R, R-Step back,  
5-8      L-Rock back, R-Recover, L-Close, R-Touch next to L

### [25-32] ½ Monterey Turn right, 2MamboSteps r;l

1-4      R-Point right, ½ Turn right R-Close, L-Point left, L-Close  
5&6      R-Step right, L-Recover, R-Close  
7&8      L-Step left, R-Recover, L-Close

## [B: 32c

### [1-8] Cross, Step, Crossing Shuffle, RockingChair

1,2,3&4      R-Cross over L, L-Step side, R-Cross Over L, L-Step Side, R-Cross over L,  
5-8      L-Step forw, R-Recover, L-Step back, R-Recover

### [9-16] Cross, Step, Crossing Shuffle, RockingChair

1,2,3&4      L-Cross over R, R-Step side, L-Cross Over R, R-Step side, L-Cross over R,  
5-8      R-Step forw, L-Recover, R-Step back, L-Recover

### [17-24] 2xStepTurn left, Turning Jazz-Triangle

1-4      R-Step forw, Turn ¼ left, R-Step forw, Turn ¼ left  
5-8      R-Cross over L forw, L-Step back, Turning ¼ right R-Step right, L-Close to R

### [25-32] Cuban Breaks r;l

1&2&3&4      R-Cross over L, L-Recover, R-Step r, L-Recover, R-Cross over L, L-Recover, R-Step right  
5&6&3&4      L-Cross over R, R-Recover, L-Step l, R-Recover, L-Cross over R, R-Recover, L-Step left

## [C: 8c

### [1-8] 2 Nightclub basic, Shuffle forw, Step Turn Step

1,2&      R-Slide right, L-Cross behind R, R-Cross over L,  
3,4&      L-Slide left, R-Cross behind L, L-Cross over R,  
5,6&      R-Step forw, L-Lock behind R, R-Step forw,  
7,8&      L-Step forw, ½ Turn right, L-Step forw

Have fun ☺ R = right foot, L = left foot