

Sleep

拍數: 32 牆數: 4 級數: Beginner
編舞者: William Sevone (UK)
音樂: Sleep (feat. Paul Buchanan) - Texas



4X SIDE STEP-TOUCH WITH EXPRESSION (12:00)

- 1-2 (Turning body diagonally right) step right foot to right, (turning to face forward) touch left next to right
3-4 (Turning body diagonally left) step left foot to left, (turning to face forward) touch right next to left
5-6 (Turning body diagonally right) step right foot to right, (turning to face forward) touch left next to right
7-8 (Turning body diagonally left) step left foot to left, (turning to face forward) touch right next to left

The above 8 counts are done 'softly', and moving slightly backward

TOE STEP, ½ RIGHT, 2X STEP LOCKSTEP, FORWARD, PIVOT ½ RIGHT (12:00)

- 9-10 Step right toe backward, turn ½ right (dropping right heel to floor)
11&12 Step lockstep forward - stepping left, right-left
13&14 Step lockstep forward - stepping right, left-right
15-16 Step forward onto left foot, pivot ½ right (weight on right)

CROSS, BACK, 2X SWAY, 2X CROSS SHUFFLE WITH EXPRESSION (12:00)

- 17-18 Cross step left over right, step backward onto right foot
19-20 Sway body - stepping left foot to left, sway to right
21&22 Cross shuffle right - stepping left, right-left
23&24 Cross shuffle left - stepping right, left-right

Cross shuffles are moving slightly forward

2X SWAY, 2X CROSS SHUFFLE WITH EXPRESSION, FORWARD, ¼ RIGHT TOUCH (3:00)

- 25-26 Sway body - stepping left foot to left, sway to right
27&28 Cross shuffle right - stepping left, right-left
29&30 Cross shuffle left - stepping right, left-right

Cross shuffles are moving slightly forward

- 31-32 Step left foot forward, turning ¼ right - touch right next to left

REPEAT