

Sleep On It

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Michael O'Shea (IRE)
音樂: Maybe We Should Sleep On It Tonight - Tim McGraw



KICK, CROSS, POINT, ROCK STEP, STEP TOUCH, SHUFFLE BACK

1-2 Kick right foot diagonally forward, cross right over left
3&4 Point left to left side, rock back left, replace weight to right
5-6 Step forward left, touch right beside left
7&8 Shuffle back right left right

ROCKING CHAIR ¼ TURN, CROSS SHUFFLE, HEEL & CROSS &

1-2 Rock back left, replace weight to right
3-4 Rock forward left, turning ¼ turn right replace weight to right foot
5&6 Cross shuffle left right left
7&8& Touch right heel to right side, step onto right, cross left over right, step onto right foot

HEEL, STEP ¼, KICK BALL POINT, CROSS POINT, CROSS SHUFFLE

1-2 Touch left heel forward, step left ¼ turn to left side
3&4 Kick right foot forward, step onto right, point left to left side
5-6 Cross left over right point right to right side
7&8 Cross shuffle right left right

SIDE STEP, HOLD & SIDE TOUCH, STEP ¼ KICK & TOUCH, OUT, OUT

1-2 Step left to left side, hold
Options: instead of the hold, try a hip roll or an apple jack
&3-4 Close right to left, step left to left side, touch right to left
5 Step right foot ¼ turn right
6&7 Kick left foot forward, step onto left, touch right toe behind left heel
&8 Step back right, step back right

REPEAT

Many Thanks to Pat Noonan for all the excellent music he gave me.