

Sleep Over

拍數: 64 牆數: 4 級數: Improver
編舞者: Gaye Teather (UK)
音樂: Spend the Night - Brushwood



SIDE RIGHT, POINT, POINT, HITCH, WEAVE LEFT

1-2 Step right to right side, point left toe across right foot
3-4 Point left toe to left side, hitch left across right
5-8 Step left to left, cross right behind left, step left to left, cross right over left

SIDE LEFT, POINT, POINT, HITCH, WEAVE RIGHT

1-2 Step left to left side, point right toe across left foot
3-4 Point right toe to right side, hitch right across left
5-8 Step right to right, cross left behind right, step right to right, cross left over right

SIDE RIGHT, TOUCH, ¼ TURN LEFT, TOUCH X 3

1-2 Step right to right, touch left beside right
3-4 ¼ turn left stepping left to left side, touch right beside left
5-6 ¼ turn left stepping right to right side, touch left beside right
7-8 ¼ turn left stepping left to left side, touch right beside left (facing 3:00)

CHASSE RIGHT, BACK ROCK, CHASSE LEFT, ¼ TURN RIGHT, BACK ROCK

1&2 Step right to right, step left beside right, step right to right
3-4 Rock back on left, recover onto right
5&6 Step left to left, step right beside left, ¼ turn right stepping back on left (facing 6:00)
7-8 Rock back on right, recover onto left

STEP, LOCK, SHUFFLE FORWARD, FORWARD ROCK, COASTER CROSS

1-2 Step forward on right, lock left behind right
3&4 Step forward on right, step left beside right, step forward on right
5-6 Rock forward on left, recover onto right
7&8 Step back on left, step right beside left, cross left over right

½ MONTEREY TURN, HEEL SWITCHES X 3, HOOK

1-2 Point right to right side, on ball of left pivot ½ turn right stepping right beside left (facing 12:00)
3-4 Point left to left, step left beside right
5&6 Touch right heel forward, step right beside left, touch left heel forward
&7 Step left beside right, touch right heel forward
8 Hook right foot in front of left knee

SHUFFLE FORWARD, FORWARD ROCK, SHUFFLE BACK, BACK ROCK

1&2 Step forward on right, step left beside right, step forward on right
3-4 Rock forward on left, recover onto right
5&6 Step back on left, step right beside left, step back on left
7-8 Rock back on right, recover onto left

STEP, PIVOT ½ TURN LEFT, KICK BALL CHANGE, STEP, PIVOT ¼ TURN LEFT, KICK BALL CROSS

1-2 Step forward on right, pivot ½ turn left (facing 6:00)
3&4 Kick right forward, step right beside left, step left in place
5-6 Step forward on right, pivot ¼ turn left (facing 3:00)

7&8

Kick right forward, step right beside left, cross left over right

REPEAT
