

Sleeping On The Foldout

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Sean Miller
音樂: Sleepin' On the Foldout - Brad Paisley



CHASSE RIGHT, BEHIND/SIDE/CROSS, SIDE ROCK, CROSS SHUFFLE

1&2 Step to side on right, close left to right, step to side on right
3&4 Step left behind right, step right to side, cross left over right
5-6 Rock out to right, recover on left
7&8 Cross right over left, close left to right (keep foot on right side of right foot), step right to the side (moving left)

CHASSE LEFT, BEHIND/SIDE/CROSS, SIDE ROCK, CROSS SHUFFLE

1&2 Step to side on left, close right to left, step to side on left
3&4 Step right behind left, step left to side, cross right over left
5-6 Rock out to left, recover on right
7&8 Cross left over right, close right to left (keep foot on left side of left foot), step left to the side (moving right)

STEP, LOCK, STEP/TOE /SCUFF, STEP, LOCK, STEP/TOE/SCUFF

1-2 Step forward on right, lock left foot behind
3&4 Step forward on right, touch left toe to right heel, scuff left foot forward
5-6 Step forward on left, lock right foot behind
7&8 Step forward on left, touch right toe to left heel scuff right foot forward

BACK, TURN, CROSS SHUFFLE, BACK, TURN, SHUFFLE FORWARD

1-2 Step back on right, step back on left making $\frac{1}{4}$ turn to left
3&4 Cross right over left, close left to right (keep foot on right side of right foot), step right to the side (moving left)
5-6 Step back on left foot, step forward on right making $\frac{1}{2}$ turn over right shoulder
7&8 Step forward on left, close right to left, step forward on left foot

BACK, TURN, CROSS SHUFFLE, BACK, TURN, SHUFFLE FORWARD

1-2 Step back on right, step back on left making $\frac{1}{4}$ turn to left
3&4 Cross right over left, close left to right (keep foot on right side of right foot), step right to the side (moving left)
5-6 Step back on left foot, step forward on right making $\frac{1}{2}$ turn over right shoulder
7&8 Step forward on left, close right to left, step forward on left foot

SAILOR STEP, SAILOR STEP, STEP, PIVOT, STEP, PIVOT SWITCH

1&2 Cross right behind left, step left to side, step right in place
3&4 Cross left behind right, step right to side, step left in place
5-6 Step right behind left, pivot $\frac{1}{2}$ turn right (weight on right foot)
7-8 Touch left foot forward, pivot $\frac{1}{2}$ turn right (catch weight on left foot)

HEEL SWITCHES

1&2 Dig right heel forward, close right to left, dig left heel forward
&3-4& Close left to right, dig right heel forward (twice), close right to left
5&6 Dig left heel forward, close left to right, dig right heel forward
&7-8& Close right to left, dig left heel forward (twice), close left to right

POINTS AND HOOK (TWICE)

- 1& Point right foot to side, close right foot to left
- 2& Point left foot to side, close left foot to right
- 3& Dig right heel forward, close right foot to left
- 4 Hook left foot behind right knee
- 5& Point left foot to side, close left foot to right
- 6& Point right foot to side, close right foot to left
- 7& Dig left heel forward, close left foot to right
- 8 Hook right foot behind left knee

REPEAT

On the 6th repetition, the music stops. Keep dancing!

ENDING

To finish the dance, stomp the left foot next to the right (just after the first half turn of the dance)
