

Sleepwalk

拍數: 56 牆數: 2 級數:
編舞者: Joanne Brady (USA)
音樂: Can't Help It - Scooter Lee



SIDE TOGETHER SIDE, ROCK STEPS

- 1&2 Step to right on right foot, slide left next to right, step to right on right
- 3 Step slightly back on left foot
- 4 Rock forward on right foot
- 5&6 Step to left on left foot, slide right next to left, step to left on left
- 7 Step slightly back on right foot
- 8 Rock forward on left foot

FORWARD WALKING SWIVELS

- 1 Step right foot forward across left, slightly twisting to left
- 2 Step left foot forward across right, slightly twisting to right
- 3 Step right foot forward across left, slightly twisting to left
- 4 Tap left toe in front of right foot

BACKWARD WALKING SWIVELS

- 5 Left foot steps behind right moving backwards
- 6 Right foot steps behind left moving backwards
- 7 Left foot steps behind right moving backwards
- 8 Tap right toe slightly behind left

SIDE TOGETHER SIDE, ROCK STEPS

- 1&2 Step to right on right foot, slide left next to right, step to right on right
- 3 Step slightly back on left foot
- 4 Rock forward on right foot
- 5&6 Step to left on left foot, slide right next to left, step to left on left
- 7 Step slightly back on right foot
- 8 Rock forward on left foot

KICK BALL TAPS

- 1&2 Kick right foot forward, step down on ball of right foot, quickly tap left toe slightly behind to the left (7:00 position)
- 3&4 Kick left foot forward, step down on ball of left foot, quickly tap right toe slightly behind to the right (4:00 position)
- 5&6 Kick right foot forward, step down on ball of right foot, quickly tap left toe slightly behind to the left (7:00 position)
- 7&8 Kick left foot forward, step down on ball of left foot, quickly tap right toe slightly behind to the right (4:00 position)

8 COUNT RIGHT VINE

- 1 Step right foot to right side
- 2 Step left foot behind right
- 3 Step right to right side
- 4 Cross left foot in front of right
- 5 Step right foot to right side
- 6 Step left foot behind right
- 7 Step right foot to right side
- 8 Tap left foot next to right (no weight)

8 COUNT LEFT VINE

- 1 Step left foot to left side
- 2 Step right foot behind left
- 3 Step left foot to left side
- 4 Cross left foot in front of right
- 5 Step left foot to left side
- 6 Step right foot behind left foot
- 7 Step left foot to left side
- 8 Bring right foot next to left putting weight on right foot

PADDLE/PIVOT (MAKING A ½ TURN)

- 1 Step left foot forward turning body 1/8 turn to right
- 2 Rock right hip (weight shifts to stationary right foot)
- 3 Step left foot forward turning 1/8 turn to right
- 4 Rock right hip (weight shifts to stationary right foot)
- 5 Step left foot forward turning body 1/8 turn to right
- 6 Rock right hip (weight shifts to stationary right foot)
- 7 Step left foot in place putting weight on it
- 8 Tap right foot beside left, keeping weight on left foot

REPEAT
