

How Do You Sleep

COPPER KNOB
STEP SHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Junior Willis (USA) & Jill Babinec (USA) - March 2009
音樂: How Do You Sleep? - Jesse McCartney



Start: 32 counts into music (at vocals)

Toe, Heel, Slide and Cross, Behind, Side, Cross, Step, Touch, Kick, Sailor ¼ Turn (L)

- 1&2 Touch ball of R in toward L instep, place R heel out with weight, step down on L while sliding R next to L
- 3&4 Step R behind L, step L out to L, step R across L
- 5&6 Step L out to L, touch R next to L, step down on R while kicking L out to L
- 7&8 Step L behind R while turning ¼ left (9:00), step R out to R, step L slightly out to L

Kick-ball-touch-touch, Hitch with Shoulders, ¼ Turn (L) Triple Forward, Rt Rocking Chair

- 1&2& Kick R forward, step R next to L, touch L out to L, touch L next to R
- 3&4 Hitch L knee while bringing L shoulder up, lower L shoulder and raise R shoulder, lower R shoulder and raise L shoulder
- 5&6 Touch L out to L, touch L next to R, step L forward with a ¼ turn L (6:00)
- 7&8& Rock forward on R, recover on L, rock back on R, recover on L

Brush Hook Across, Cross Shuffle, Step ¼ Turn (R) Touch, Step ¼ Turn (R) Touch (body roll turns)

- 1-2 Brush R foot forward, hook R across L (keep slightly in air)
- 3&4 Step down on R (across L), step L to L, cross step R over L
- 5-6 On ball of R turn ¼ R and step L to side, Touch R next to L (9:00){OPTION: L body Roll ¼ R turn, touch R}
- 7-8 On ball of L turn ¼ R and step R to side, Touch L next to R (12:00){OPTION: R body roll ¼ R turn, touch L}

Rock Recover, Triple ½ L Turn, Step Pivot ½ (L), Step Pivot ¼ (L)

- 1-2 Rock forward on L, Recover weight on R
- 3&4 Pivot ½ turn (6:00) L stepping forward on L, step R next to L, step forward on L
- 5-6 Step forward on R, pivot ½ L turn and recover weight on L (12:00)
- 7-8 Step forward on R, pivot ¼ L turn and recover weight on L.(9:00)

Begin again.....

Tag: 1st time is on beginning of 3rd wall (6:00). 2nd time is on beginning of 7th wall. (9:00). (both starts on the lyrics "If I had my way come get you girl" on both tag walls)

Kick-and-touch, Kick-and-touch, Rock, Recover, ½ Turn Triple

- 1&2 Kick R forward, cross step R over L, touch L out to L
- 3&4 Kick L forward, cross step L over R, touch R out to R
- 5-6 Rock forward on R, recover on L
- 7&8 Turn ½ R stepping forward on R, step L next to R, step forward on R

Kick-and-touch, Kick-and-touch, Rock, Recover, ½ Turn Triple

- 1&2 Kick L forward, cross step L over R, touch R out to R
- 3&4 Kick R forward, cross step R over L, touch L out to L
- 5-6 Rock forward on L, recover on R
- 7&8 Turn ½ L stepping forward on L, step R next to L, step forward on L

E-Mail: LnDncer@aol.com (Junior) - TOOFDDS1@aol.com (Jill)
