

Sleeping Alone

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Michael Vera-Lobos (AUS) - December 2010
音樂: If I Were a Boy - Reba McEntire : (CD: All The Women I Am)



Start On The Word "Boy"

[1–8&1] Cross, Hold, Ball Cross, ½ Cross, Ball Cross, Side Rock, Replace, Behind & Side, Cross

1,2&3 Cross R over L, Hold, Stepping L to L Cross R over L (12:00)
4&5,6,7 Turning ½ L keeping wt on R Cross L over R (6:00) & Stepping R to R Cross L over R (6:00),
Side Rock large Step R to R, Replace wt on L dragging R towards L (6:00)
8&1 Cross R behind L & Step L to L, Cross R over L (6:00)

[10–17] ¼ R & ½ R, ½ R, Coaster R, Side, ½ Hinge R, Cross Shuffle

2&3 Turn ¼ R Stepping back on L & Turn a further ½ R on R, Turn ½ R Stepping back on L (9:00)
4&5 Step back on R & Step L beside R, Step fwd on R dragging L towards R (9:00)
6,7 Step L to L, Hinge ½ R (Ending with R to R - Wt on R Dragging L towards R) (3:00)
8&1 Cross Shuffle L over R Stepping L,R,L (3:00)

[18–25] Side & Together, Step Fwd, Side & Together, Step Fwd, Rock Fwd, Replace, 1 ¼ Triple R Travelling Back

2&3 Step R to R & Step L beside R, Step fwd on R (3:00)
4&5 Step L to L & Step R beside L, Step fwd on L (3:00)
6,7 Rock fwd R, Rock back on L
8&1 Travelling back – Spin 1 ¼ R Stepping R,L,R (6:00)

[26–32] Cross Samba Fwd, Cross & ¼ R, Step Back, Sweep Back, ½ Sailor R

2&3 Travel fwd – Cross L over R & Rock R to R, Replace wt on L (6:00)
4&5 Cross R over L & Step back on L turning ¼ R, Step back on R sweeping L to L (9:00)
6 Step back on L sweeping R to R side (9:00)
7&8 ½ Sailor R Stepping R,L, Fwd R (3:00)

RESTARTS: Wall 2 & Wall 5 dance to count 32 & turning ¼ R Step L to L side to start again

[&33–40] & Rock Fwd, Replace & ¼ R, Cross, Step Side, L Sailor Drag, Step Back, Touch

&1,2&3 Stepping onto L, Rock fwd on R, Rock back on & Turn ¼ R on R, Cross L over R (6:00)
4,5&6 Side Step R to R dragging L towards R (6:00), Sailor L Dragging R towards L
7,8 Step back on R Dragging L, Touch L beside R (6:00)

[41–48] Ball Step, ½ R, Half Shuffle R, Rock Fwd, Replace, Step Back & ½ R, Step Fwd

&1,2,3&4 Stepping L beside R, Step fwd on R, Travelling fwd turn ½ R Stepping back on L (12:00),
Turning a further ½ R shuffle R Stepping R,L,R (6:00)
5,6,7&8 Rock fwd L Dragging R towards, Replace wt on R, Step back on L & Turn ½ R on R, Step
fwd on L dragging R (12:00)

[&49–56] & Step, Side & Replace, Cross, Side & ¼ R, Cross, Side Rock, Replace, Ball Cross

&1,2&3 Stepping onto R, Step fwd L Dragging R towards L, Side Rock R to R & Replace wt on L,
Cross R over L (12:00)
4&5 Step side L & Turning ¼ R Step R to R Side, Cross L over R (3:00)
6,7&8 Side Rock R to R, Sway Hips L & Stepping R to R, Cross L over R (3:00)

[57–64] Travelling Fwd – Side Rock, Replace & Cross, Side Rock, Replace, Step Fwd R, ½ Pivot L, Step Fwd, ½ R, ¼ R & Step Side

- 1,2&3,4& Travelling fwd - Side Rock R to R, Replace wt on L & Cross R over L, Rock L to L , Replace wt on R & Cross L over R (3:00)
- 5,6,7&8& Step fwd R, Pivot $\frac{1}{2}$ L, Step fwd R & Turn $\frac{1}{2}$ R stepping back on L, Turn a further $\frac{1}{4}$ R Stepping R to R side & Step L to L side (6:00)

FINISH: At the end of Wall 6 (Hold for 4 counts) Start on the Word "Boy"
