

Sleep

拍數: 32 牆數: 4 級數: Improver
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音樂: Sleep - Allen Stone : (2:28)



Intro: 16 counts.

Step Right, Cross, Step Right, Together, Forward, Step Left, Cross, Left, Together, Forward.

1 2 Step R to right side. Cross step L over R.
3 & 4 Step R to right side. Step L next to R. Step forward on R.
5 6 Step L to left side. Cross step R over L.
7 & 8 Step L to left side. Step R next to L. Step forward on L (Tag during wall 3 and 6).

Rock Forward, Recover, Coaster Step, Step Pivot 1/4 Turn Right, Cross Shuffle.

1 2 Rock forward on R. Recover on to L.
3 & 4 Step back on R. Step L next to R. Step forward on R.
5 6 Step forward on L. Pivot 1/4 turn right.
7 & 8 Cross step L over R. Step R to right side. Cross step L over R.

Step Right, Touch, Step Left, Touch, Step Back, Tap, Step In Place, Step Pivot 1/2 Turn Left x 2.

1 & Step R to right side. Touch L toe next to R instep.
2 & Step L to left side. Touch R toe next to L instep.
3 & 4 Step back on R. Touch L toe forward. Step L down in place
5 6 Step forward on R. Pivot 1/2 turn left.
7 8 Step forward on R. Pivot 1/2 turn left..

Shuffle Forward, Mambo Step, Walk Back x 2, Sailor Step, Together.

1 & 2 Step forward on R. Step L next to R. Step forward on R.
3 & 4 Rock forward on L. Recover on to R. Step back on L.
5 6 Step back on R. Step back on L.
7 & 8 & Cross step R behind L. Step L out to left side. Step R in place. Step L next to R.

Start Again! Enjoy!

Tag: Dance the 4 count Tag after 8 Counts on wall 3 facing 6 o'clock and after 8 counts on wall 5 facing 12 o'clock.

Rocking Chair

1 2 3 4 Rock forward on R. Recover on L. Rock back on R. Recover on L.

After the Tag, start again from the beginning of the dance.

To end the dance facing the front, just step 1/2 pivot right instead of the 1/4 turn.

Last Update - 24th July 2014