

Let Me Sleep

拍數: 32 牆數: 2 級數: Beginner
編舞者: Lorna Mursell (UK) - November 2013
音樂: Wake Me Up - Derek Ryan



Dance Specifically Choreographed To The Derek Ryan Version Of Wake Me Up

SIDE ROCK, CROSS SHUFFLE, TURN 1/2 RIGHT, LEFT SHUFFLE

1-2 Rock right to right side, recover on to left
3&4 Cross right over left, step left to left side, cross right over left
5-6 Turn 1/4 right & step left back, turn 1/4 right & step right to side
7&8 Step forward left, step right together, step forward left

FORWARD ROCK, REC, SHUFFLE BACK, BACK ROCK, REC, FORWARD SHUFFLE

1-2 Rock forward on right, recover on to left
3&4 Step back on right, step left beside right, step back on right
5-6 Rock back on left, recover on to right
7&8 Step forward on left, step right beside left, step forward left

SWAY R, L, R, L, CROSS ROCK, REC, CHASSE

1-2 Sway hips right, sway hips left
3-4 Sway hips right, sway hips left
5-6 Cross right over left, recover on to left
7&8 Step right to right side, step left beside right, step right to right side

CROSS ROCK, REC, CHASSE, JAZZ BOX, CROSS

1-2 Cross left over right, recover on to right
3&4 Step left to left side, step right beside left, step left to left side
5-6 Cross right over left, step back on to left
7-8 Step right to right side, cross left over right
