Sleepin' Around

Count: 32 **Wand:** 2 **Ebene:** Novice Cha Cha
Choreograf/in: Charles Alexander (SWE) - October 2017
Musik: Sleepin' Around - Austin Burke : (CD: Sleepin' Around - EP - 2:57)

Intro: 16 counts, approx. 10 sec – 107 bpm

Start dance facing 1:30

[1 – 8] STEP, FORWARD ROCK, SWEEP, SAILOR STEP, TOGETHER-CHANGE, EXTENDED CHA CHA RIGHT

1-3	Step R forward toward 1:30. Rock L forward. Recover onto R and sweep L from front to back, squaring up to 12:00.
4&5	Cross L behind R. Step R to right side. Step L to left side.
6&	Close R beside L. Shift weight from R to L.
7&8&1	Step R to right side. Step L beside R. Step R to right side. Step L beside R. Step R to right side.

[9 – 16] CROSS ROCK, 1/4 TURN LEFT CHA CHA, STEP, 1/2 TURN, SIDE MAMBO, FLICK 1/4 TURN

2-3	Rock L over R. Recover onto R.
4&5	Step L to left side. Step R beside L. Make 1/4 turn left and step L forward. [9:00]
6-7	Step R forward. Make 1/2 turn left shifting weight to L. [3:00]
8&1	Rock R to right side. Recover onto L. Make 1/4 turn right while stepping R beside L and flick L back. [6:00]

[17 – 24] WALK L-R, CROSS-SIDE-BEHIND, BEHIND-SIDE-CROSS, 1/4 TURN LEFT CHA CHA

2-3	Step L forward. Step R forward.
4&5	Cross L over R. Step R to right side. Cross L behind R and sweep R from front to back.
6&7	Cross R behind L. Step L to left side. Cross R over L.
8&1	Step L to left side. Step R beside left. Make 1/4 turn left and step L forward. [3:00]

[25 – 32] STEP, 1/2 TURN, CHA CHA FORWARD, 7/8 SPIRAL TURN, CHA CHA FORWARD

2-3	Step R forward. Make 1/2 turn left shifting weight to L. [9:00]
4&5	Step R forward. Lock L behind R. Step R forward.
6-7	Step L forward. Spiral 7/8 turn over right shoulder keeping weight on L, end facing 7:30.
8&(1)	Step R forward. Lock L behind R. (Step R forward. First step of dance.) [7:30]

Tag: Danced after the 2nd (12:00), 4th (6:00) and 7th (6:00) wall

1 – 8	STEP, TURNS WITH HIP ROLLS x2, SYNCOPATED SIDE MAMBO R-L, HOP OUT-IN
1-2	Step R forward. Make 3/8 turn left stepping L beside R rolling hips counterclockwise. [9:00]
3-4	Step R forward. Make 1/4 turn left stepping L beside R rolling hips counterclockwise. [6:00]
5&6	Rock R to right side. Recover onto L. Step R beside L.
&7&	Rock L to left side. Recover onto R. Step L beside R.
8&	Jump both feet out. Jump both feet in. (Weight ends on left foot.)