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| Sleep Alone |  |

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| **Count:** | 64 | **Wall:** | 2 | **Level:** | Phrased Intermediate | . |
| **Choreographer:** | José Miguel Belloque Vane (NL) & Roy Verdonk (NL) - September 2016 |
| **Music:** | Sleep Alone - Stanaj |
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**Intro : 16 counts**

**part A : 32 counts (2 wall) - part B : 32 counts (1 wall)**

**phrasing : A, A, B, A, A, B, A, A, Tag, B, A**

**Part A: 32 counts**

**AS1: Heel/Ball /Step, Step Forward R, Syncopated Side Rock L, Step Forward L, Step forward R and ½ Turn L, Step Forward L, 1/2 Turn L, Back R, Lock Step Back L**

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| --- | --- |
| 1&2 | Rf touch heel forward, Rf step together ( & ), Lf step forward |

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| 3&4 | Rf step forward, Lf rock left ( & ), recover onto Rf |

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| 5&6 | Step forward LF , step RF forward and making ½ turn left ( & ), Lf step forward ( 6.00 ) |

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| 7 | make 1/2 turn left stepping Rf back ( 12.00 ) |

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| 8&1 | Lf step back, Rf cross in front of Lf ( & ), Lf step back |

**AS2: 1/2 Turn R, Step Forward R , Syncopated 1/2 Turn R, Full Turn L ( R, L ), Hold, Syncopated Stomps On The Spot, Cross**

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| 2 | make a 1/2 turn right stepping Rf forward ( 6.00 ) |

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| 3&4 | Lf step forward, make 1/2 turn right stepping Rf forward ( & ), Lf step forward ( 12.00 ) |

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| 5-6 | make 1/2 turn left stepping Rf back, make 1/2 turn left stepping Lf forward |

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| --- | --- |
| 7 | hold |

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| 8&a1 | Rf step together and behind Lf, Lf step in place (&), Rf step in place (a), Lf cross in front of Rf |

**AS3: 1/4 Turn R, Kick/Ball/Step, Step Forward R, Mambo Step Forward L, Back, 1/2 Turn L, Step Forward L, 1/4 Turn L, Step R**

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| 2&3 | make 1/4 turn right kicking Rf forward (3.00 ), Rf step together ( & ), Lf step forward |

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| 4 | Rf step forward |

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| 5&6 | Lf rock forward, recover onto Rf ( & ), Lf step back |

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| 7&8 | Rf step back, make 1/2 turn left (9.00) stepping Lf forward ( & ), make 1/4 turn left stepping Rf right ( 6.00 ) |

**AS4: Weave, Rock R, Recover L, Full Turn R With Touch L, Hold, Modified Sailor Step**

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| --- | --- |
| 1&2 | Lf cross behind Rf, Rf step right ( & ), Lf cross in front of Rf |

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| --- | --- |
| 3-4 | Rf rock right, recover onto Lf making 1/4 turn right ( 9.00 ) |

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| --- | --- |
| 5-6 | make 1/2 turn right stepping Rf forward ( 3.00 ), make 1/4 turn right touching Lf left ( 6.00 ) |

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| 7&8& | hold, Lf cross behind Rf ( & ), Rf step right, Lf step left ( & ) |

**Part B: 32 counts**

**BS1: Skates (R, L ), Shuffle On Right Diagonal With Flick, Cross, Unwind 3/4 Turn R, Modified Cross Sailor Steps Traveling Backwards**

|  |  |
| --- | --- |
| 1-2 | Rf skate forward right, Lf skate forward left |

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| --- | --- |
| 3&4 | Rf step forward on right diagonal, Lf step together ( & ), Rf step forward on right diagonal flicking Lf back |

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| 5-6 | Lf cross in front of Rf, unwind 3/4 turn right ( 9.00 ) weight ending on Lf |

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| 7&8& | Rf cross in front of Lf, Lf step back slightly on left diagonal (&), Rf step back slightly on right diagonal, Lf cross in front of Rf |

**BS2: Touch R, Step Forward R, Touch L, Step Forward L, Rock Side R, Recover L With 1/4 Turn L, Step Forward R, Step Forward L**

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| --- | --- |
| 1-2 | Rf touch right, Rf step forward |

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| --- | --- |
| 3-4 | Lf touch left , Lf step forward |

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| --- | --- |
| 5-6 | Rf rock side right, recover onto Lf with 1/4 turn left (6.00 ) |

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| --- | --- |
| 7-8 | Rf step forward, Lf step forward |

**BS3: Skates (R, L ), Shuffle On Right Diagonal With Flick, Cross, Unwind 3/4 Turn R, Modified Cross Sailor Steps Traveling Backwards**

|  |  |
| --- | --- |
| 1-2 | Rf skate forward right, Lf skate forward left |

|  |  |
| --- | --- |
| 3&4 | Rf step forward on right diagonal, Lf step together ( & ), Rf step forward on right diagonal flicking Lf back |

|  |  |
| --- | --- |
| 5-6 | Lf cross in front of Rf, unwind 3/4 turn right ( 3.00 ) weight ending on Lf |

|  |  |
| --- | --- |
| 7&8& | Rf cross in front of Lf, Lf step back slightly on left diagonal (&), Rf step back slightly on right diagonal, Lf cross in front of Rf |

**BS4: Touch R, Step Forward R, Touch L, Step Forward L, Rock Side R, Recover L With 1/4 Turn L, Step Forward R, Step Forward L**

|  |  |
| --- | --- |
| 1-2 | Rf touch right, Rf step forward |

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| --- | --- |
| 3-4 | Lf touch left , Lf step forward |

|  |  |
| --- | --- |
| 5-6 | Rf rock side right, recover onto Lf with 1/4 turn left (12.00 ) |

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| 7-8 | Rf step forward, Lf step forward |

**Tag:Rocking Chair**

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| 1-2 | Rf rock forward, recover onto Lf |

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| --- | --- |
| 3-4 | Rf rock back, recover onto Lf |