## Sleep Alone

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 1/2 Turn
L, Step Forward L, 1/2 Turn L, Back R, Lock Step Back L
1&2 Rf touch heel forward, Rf step together (&), Lf step forward
3&4 Rf step forward, Lf rock left ( & ), recover onto Rf
5&6 Step forward LF , step RF forward and making 1/2 turn left ( & ), Lf step forward ( 6.00 )
7 make 1/2 turn left stepping Rf back (12.00)
8&1 Lf step back, Rf cross in front of Lf (& ), Lf step back
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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
2 make a $1 / 2$ turn right stepping Rf forward ( 6.00 )
3\&4 Lf step forward, make 1/2 turn right stepping Rf forward (\&), Lf step forward ( 12.00 )
5-6 make $1 / 2$ turn left stepping Rf back, make $1 / 2$ turn left stepping Lf forward
7 hold
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
$2 \& 3 \quad$ make $1 / 4$ turn right kicking Rf forward (3.00), Rf step together ( \& ), Lf step forward
4 Rf step forward
5\&6 Lf rock forward, recover onto Rf (\& ), Lf step back
$7 \& 8 \quad$ 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
1\&2 Lf cross behind Rf, Rf step right ( \& ), Lf cross in front of Rf
3-4 Rf rock right, recover onto Lf making 1/4 turn right ( 9.00 )
5-6 make 1/2 turn right stepping Rf forward ( 3.00 ), make $1 / 4$ turn right touching Lf left ( 6.00 )
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 <br> Rf step forward on right diagonal, Lf step together ( \& ), Rf step forward on right diagonal |
| :--- | :--- |
| 3\&4 | flicking Lf back |
| $5-6$ | Lf cross in front of Rf, unwind $3 / 4$ turn right ( 9.00 ) 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 <br> 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
1-2 Rf touch right, Rf step forward

5-6 $\quad$ Rf rock side right, recover onto Lf with $1 / 4$ turn left (6.00)
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\& $\quad$ 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 $\quad$ Rf touch right, Rf step forward
3-4 Lf touch left , Lf step forward
5-6 Rf rock side right, recover onto Lf with 1/4 turn left (12.00)
7-8 Rf step forward, Lf step forward
Tag:Rocking Chair
1-2 Rf rock forward, recover onto Lf
3-4 Rf rock back, recover onto Lf

