

Sand In The Bed

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Kathy Brown (USA) - August 2017

Music: Sand in the Bed - Hudson Moore : (amazon)



#32ct into

RIGHT ROCK, RECOVER, LEFT ROCK, RECOVER, RIGHT TRIPLE FORWARD, LEFT ROCK, RECOVER, LEFT ½ TURN

- 1-2& Rock forward right, recover left, step right next to left
- 3-4& Rock forward left, recover right, step left next to right
- 5&6 Step right forward, lock left behind right, step right forward
- 7&8 Rock left forward, recover right, turn ½ left stepping forward on left

RIGHT FWD, LOCK LEFT, RIGHT FWD, ROCK, RECOVER, ¼ LEFT, LEFT WEAVE

- 1-2& Step right forward, lock left behind right, step right forward
- 3-4& Rock forward left, recover right, turning ¼ left step left to side

Wall 2 & 6 – Restart after count 12

- 5-6& Cross right over left, step left to side, step right behind left
- 7&8 Step left to side, cross right over left, step left to side

Walls 4 & 5 Dance 16 counts and Restart

RIGHT ROCK, RECOVER, STEP RIGHT, LEFT ROCK, RECOVER ¼ LEFT, WALK RIGHT, LEFT, RIGHT KICK BALL, LEFT POINT

- 1-2& Rock right behind left, recover left, step right to side
- 3-4& Rock left behind right, recover right, step left ¼ left
- 5-6 Walk forward right, left
- 7&8 Kick right forward, step down right, point left to side

LEFT VAUDVILLE, & CROSS RIGHT OVER LEFT, LEFT TO SIDE, RIGHT ROCK, RECOVER ¼ RIGHT, TRIPLE FORWARD

- 1&2 Cross left over right, step right to side, tap left heel forward
- &3-4 Step left down, cross right over left, step left to side
- 5&6 Rock right behind left, recover left, step right ¼ right
- 7&8 Step left forward, step right next to left, step left forward

Tag: End of wall 8, add 4 cts...Step right forward sway hips forward, back, forward, back (weight on left)

Special thank you to Melanie Cheever for proofreading the step sheet and helping me tweak it while I'm down with a bum ankle.

Contact: gondanzn1102@gmail.com