## Sleepin＇Around

拍数： 32
壇数： 2
级数：Novice Cha Cha
编舞者：Charles Alexander（SWE）－October 2017
音乐：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

 RIGHT1－3 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
8\＆1
Cross $R$ behind $L$ ．Step $L$ to left side．Cross $R$ over $L$ ．
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．）

