

Sleepwalk With Me

COPPER KNOB
BY FRED WHITEHOUSE

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Fred Whitehouse (IRE) - September 2018
音乐: Sleepwalk (Acoustic) - The Shires : (Single)



Intro – 16 Counts From Start Of Track

[1-8] Side Lounge, ¼ Turn L, ½ Turn R Stepping Back, Walk x2, Rock , Walk Back x2, Step Back With Sweep, Behind, Side

1,2& Rock RF to R side, ¼ turn L placing weight on L, ½ turn L stepping RF back
3,4,5 Step LF forward, Step RF forward, Rock LF forward (Styling Option- Lift RF off the floor, making a arabesque line on count 5 as you rock)
6&7 Step RF back, step LF back, step RF back sweeping LF from front to back
8& Step LF behind R, step RF to R side (facing 3.00)

[9-16] Rock, Recover, Side, Rock, Recover, ¼ Turn R, ¼ Turn R, ½ Diamond Fall Away

1,2& Cross rock LF over R, recover on to R, step LF to L side
3,4& Cross rock RF over L, recover on to L, ¼ turn R stepping RF forward
5,6& ¼ turn R stepping LF to L side, 1/8 turn R stepping RF back diagonal, step LF back
7,8& 1/8 turn R stepping RF to R side, 1/8 turn R stepping LF forward diagonal, step RF forward

[17-24] Nightclub Basic x2, ½ Turn L With Sweep, Rock, Recover With Sweep, Behind, Side

1,2& 1/8 turn R stepping LF to L side, close RF behind L, cross LF over R
3,4& Step RF to R side, close LF behind R, cross RF over L, (facing 3.00)
5,6, ¼ turn L stepping LF forward sweeping RF from back to front continue to make another ¼ turn L, rock RF forward (9.00)
7,8& Recover on to LF sweeping RF from front to back, step RF behind L, step LF to L side

[25-32] Full Spiral Turn L, Cross, Side, (or full turn) Nightclub Basic, Sway R, Quick Sways L,R, Sway L, Cross Rock, Recover

1,2& Cross RF over L make full turn spiral L keeping weight on RF, step LF to L side, cross RF over L

(Option: After the spiral turn add another full turn L)

3,4& Step LF to L side, close RF behind L, cross LF over R

Restart Here Wall 2 (Facing 6.00)

5,6& Step RF to R side as you sway R, sway L, sway R,

7,8& Sway L placing weight on LF, cross Rock RF over L, recover weight on to L (End Facing 9.00)

Tag - End Of Wall 4

1,2 Sway R, Sway L (facing 12.00)

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