

# Sleep Alone

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Phrased Intermediate  
編舞者: José Miguel Belloque Vane (NL) & Roy Verdonk (NL) - September 2016  
音樂: Sleep Alone - Stanaj



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**

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 ½ 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

**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      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      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  
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 ( 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 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

- 3-4 Lf touch left , Lf step forward
- 5-6 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& 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
- 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
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