Sleep Over

級數: Intermediate

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音樂: Stay With Me Tonight - Jeffrey Osborne

牆數: 4

INTRO

This is also the tag between walls 3 and 4

- 1-2 Left heel forward, replace left next to right
- 3-4 Right heel forward, replace right next to left, making 1/4 turn left
- 5-8 Repeat 1-4
- 9-16 Repeat Tag 1-8, ends facing same wall for Wall 4

THE MAIN DANCE

STEP, CROSS, KICK, SAILOR, HOLD, BACK CROSS SHUFFLE

- 1-2-3 Step left forward, cross right over left, kick left to left diagonally forward
- 4&5-6 Cross left behind right, step right to right, step left to left, hold
- &7&8 Cross right behind left, step left to left, cross right behind left, step left to left

WALK, WALK, ¼ PIVOT LEFT, ½ PIVOT RIGHT, STOMP, ¾ TURN SAILOR STEP

- 1-2 Walk forward right, left
- 3-4 On ball of left pivot 1/4 left touching right, on ball of left pivot 1/2 right stepping on right
- 5&6 Stomp left next to right, kick left forward as begin swing around to left ½ turn
- 7&8 Continue ³⁄₄ turn left by crossing left behind right, step right to right, step left to left

STEP, TOUCH, BACK STEP, TOUCH, STEP, HOLD, CLAPS

- 1-2 Step right forward, touch left next to right with snap
- 3-4 Step left back, touch right next to left with snap
- 5-6-7 Step right back, touch left in place with raised heel (with attitude), hold
- &8 Two quick claps

COASTER, PIVOT 1/2 LEFT. CLAPS, STEP BACK, PIVOT 1/4 LEFT, MAMBO RIGHT

- 1&2 Step back on left, step right next to left, step forward on left
- 3 Pivot ½ left as stepping back on right
- &4 Clap, clap
- 5-6 Step left back, pivot ¼ left on left
- 7&8 Small step right to right, step left in place, step right next to left

REPEAT





拍數: 32