

Sleeping With The Past

COPPER KNOB
BY STEPHENETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Vivienne Scott (CAN)
音樂: Sleeping With the Past - Elton John



WALK FORWARD RIGHT/LEFT, TRIPLE IN PLACE, WALK BACK LEFT/RIGHT, ½ TURN SHUFFLE

- 1-2 Walk forward, right, left
3&4 Shuffle in place, right, left, right
5-6 Walk back, left, right (styling option - dip as you walk back and/or snap your fingers on each step)
7&8 Step left back making ¼ turn left, close right beside left, step left to left side making ¼ turn left

WALK FORWARD RIGHT/LEFT, TRIPLE IN PLACE, WALK BACK LEFT/RIGHT, ½ TURN SHUFFLE

- 9-10 Walk forward, right, left
11&12 Shuffle in place, right, left, right
13-14 Walk back, left, right (styling option - dip as you walk back and/or snap your fingers on each step)
15&16 Step left back making ¼ turn left, close right beside left, step left to left side making ¼ turn left

SIDE ROCK RIGHT, CROSS SHUFFLE, SIDE ROCK, ½ TURN TRIPLE

- 17-18 Rock right to right side, recover on left
19&20 Cross right over left, cross left to left side, cross right over left
21-22 Rock left to left side, recover on right
23&24 Step left back making ½ turn left, close right beside left, step left in place

SIDE ROCK RIGHT, CROSS SHUFFLE, SIDE ROCK, ½ TURN TRIPLE

- 25-26 Rock right to right side, recover on left
27&28 Cross right over left, cross left to left side, cross right over left
29-30 Rock left to left side, recover on right
31&32 Step left back making ½ turn left, close right beside left, step left in place

HEEL SWITCHES, WALK FORWARD RIGHT/LEFT, HEEL SWITCHES, ROCK FORWARD

- 33&34& Touch right heel forward, step right beside left, touch left heel forward, step left beside right
35-36 Walk forward, right, left (option: 2 count traveling forward turn to left)
37&38& Touch right heel forward, step right beside left, touch left heel forward, step left beside right
39-40 Rock forward on right, recover on left

½ TURN SHUFFLE, TRAVELING TWO COUNT TURN TRAVELING FORWARD (OR WALK FORWARD LEFT,RIGHT), MAMBO FORWARD, COASTER STEP

- 41&42 Step right back making ½ turn right, close left beside right, step right forward
43-44 Step forward left making ½ turn right, step right back making ½ turn right

Alternative - walk forward right, left

- 45&46 Rock left forward, recover on right, step left beside right
47-48 Step right back, step left beside right, step right forward

STEP PIVOT, KICK BALL CROSS, SIDE ROCK, WEAVE RIGHT

- 49-50 Step left forward, pivot ½ turn right (weight on right)
51&52 Kick left forward, step back on left, cross right over left
53-54 Rock left to left side, recover on right
55&56 Step left behind right, step right to right side, cross left over right

STEP SIDE RIGHT, HOLD, STEP SIDE LEFT, HOLD, RIGHT SAILOR STEP. CROSS UNWIND $\frac{3}{4}$ TURN

57-58 Step right to right side, hold

59-60 Step left to left side, hold

61&62 Step right behind left, step left to left side, step right in place

63-64 Cross left behind right, unwind $\frac{3}{4}$ turn left (weight on left)

REPEAT

RESTART

Restart after first 8 counts on walls 2 (3:00), 4 (9:00), 6 (3:00) with a slight difference as follows:

Dance counts 1-6, then for counts 7&8 shuffle in place (i.e. Don't turn), then start again from the beginning
