

Tävlingskoreografi till East Heart Competition
Tävlingsdatum 14 april 2018

Dans A

Sleepin' Around

Charles Alexander

Beskrivning: 32 Count, 2 Wall, Cha Cha Linedance
Nivå: Newcomer
Musik: "Sleepin' Around" - Austin Burke (107 BPM)

STEP, FORWARD ROCK, SWEEP, SAILOR STEP, TOGETHER-CHANGE, EXTENDED CHA CHA RIGHT

1-3 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.

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]

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 Cross R behind L. Step L to left side. Cross R over L.
8&1 Step L to left side. Step R beside left. Make 1/4 turn left and step L forward. [3:00]

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.)