

# Sleep

Count: 32

Wall: 4

Level: Improver

Choreographer: Kate Sala (UK) - May 2013

Music: Sleep - Allen Stone : (2:28)



Intro: 16 counts.

**Step Right, Cross, Step Right, Together, Forward, Step Left, Cross, Left, Together, Forward.**

- 1 2 Step R to right side. Cross step L over R.
- 3 & 4 Step R to right side. Step L next to R. Step forward on R.
- 5 6 Step L to left side. Cross step R over L.
- 7 & 8 Step L to left side. Step R next to L. Step forward on L (Tag during wall 3 and 6).

**Rock Forward, Recover, Coaster Step, Step Pivot 1/4 Turn Right, Cross Shuffle.**

- 1 2 Rock forward on R. Recover on to L.
- 3 & 4 Step back on R. Step L next to R. Step forward on R.
- 5 6 Step forward on L. Pivot 1/4 turn right.
- 7 & 8 Cross step L over R. Step R to right side. Cross step L over R.

**Step Right, Touch, Step Left, Touch, Step Back, Tap, Step In Place, Step Pivot 1/2 Turn Left x 2.**

- 1 & Step R to right side. Touch L toe next to R instep.
- 2 & Step L to left side. Touch R toe next to L instep.
- 3 & 4 Step back on R. Touch L toe forward. Step L down in place
- 5 6 Step forward on R. Pivot 1/2 turn left.
- 7 8 Step forward on R. Pivot 1/2 turn left..

**Shuffle Forward, Mambo Step, Walk Back x 2, Sailor Step, Together.**

- 1 & 2 Step forward on R. Step L next to R. Step forward on R.
- 3 & 4 Rock forward on L. Recover on to R. Step back on L.
- 5 6 Step back on R. Step back on L.
- 7 & 8 & Cross step R behind L. Step L out to left side. Step R in place. Step L next to R.

**Start Again! Enjoy!**

**Tag: Dance the 4 count Tag after 8 Counts on wall 3 facing 6 o'clock and after 8 counts on wall 5 facing 12 o'clock.**

**Rocking Chair**

- 1 2 3 4 Rock forward on R. Recover on L. Rock back on R. Recover on L.

**After the Tag, start again from the beginning of the dance.**

**To end the dance facing the front, just step 1/2 pivot right instead of the 1/4 turn.**

**Last Update - 24th July 2014**