



SLEEP

Choreographed by: Kate Sala
32 Count, 4 Wall, Beginner level line dance
Music: Sleep by Allen Stone
Contact Info: www.katesala.net



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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 6 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.

(Originally taught by Elysium Dance Designs January 2014)

