



Sleep

Choreographed by Kate Sala

Description: 32 count, 4 wall, Improver

Music: **Sleep** by Allen Stone

Count In: 16 counts from start of track

Notes: Tag on wall 3 and 6

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).

Tag: Dance the 4 ct tag after 8 Counts on wall 3 facing 6 o'clock and after 8 counts on wall 6 facing 12:00. After the Tag, restart.

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 ct tag after 8 Counts on wall 3 facing 6 o'clock and after 8 counts on wall 6 facing 12:00. After the Tag, restart.

Rocking Chair

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

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