

# Sand In The Bed

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Kathy Brown, August 2017

**Music:** Sand In The Bed - Hudson Moore - Amazon

## #32ct into

**RIGHT ROCK, RECOVER, LEFT ROCK, RECOVER, RIGHT TRIPLE FORWARD, LEFT ROCK, RECOVER, LEFT ½ TURN**

- 1-2&** Rock forward right, recover left, step right next to left  
**3-4&** Rock forward left, recover right, step left next to right  
**5&6** Step right forward, lock left behind right, step right forward  
**7&8** Rock left forward, recover right, turn ½ left stepping forward on left

**RIGHT FWD, LOCK LEFT, RIGHT FWD, ROCK, RECOVER, ¼ LEFT, LEFT WEAVE**

- 1-2&** Step right forward, lock left behind right, step right forward  
**3-4&** Rock forward left, recover right, turning ¼ left step left to side

## Wall 2 & 6 - Restart after count 12

- 5-6&** Cross right over left, step left to side, step right behind left  
**7&8** Step left to side, cross right over left, step left to side

## Walls 4 & 5 Dance 16 counts and Restart

**RIGHT ROCK, RECOVER, STEP RIGHT, LEFT ROCK, RECOVER ¼ LEFT, WALK RIGHT, LEFT, RIGHT KICK BALL, LEFT POINT**

- 1-2&** Rock right behind left, recover left, step right to side  
**3-4&** Rock left behind right, recover right, step left ¼ left  
**5-6** Walk forward right, left  
**7&8** Kick right forward, step down right, point left to side

**LEFT VAUDVILLE, & CROSS RIGHT OVER LEFT, LEFT TO SIDE, RIGHT ROCK, RECOVER ¼ RIGHT, TRIPLE FORWARD**

- 1&2** Cross left over right, step right to side, tap left heel forward  
**&3-4** Step left down, cross right over left, step left to side

**5&6** Rock right behind left, recover left, step right  $\frac{1}{4}$  right

**7&8** Step left forward, step right next to left, step left forward

**Tag: End of wall 8, add 4 cts...Step right forward sway hips forward, back, forward, back (weight on left)**

**Special thank you to Melanie Cheever for proofreading the step sheet and helping me tweek it while I'm down with a bum ankle.**

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