

Sleepy Heads

LINEDANCE.COM

Count: 32

Wall: 4

Level: Beginner / Improver

Choreographer: Jan Brookfield - May 2016

Music: "Sleep On It" by Paul Carrack 124 BPM.

Start after 16 counts on the word "listening"

Section 1 : CROSS ROCK, RECOVER, CHASSE RIGHT, JAZZBOX CROSS

1,2: Step R across in front of L, recover onto L

3&4: Chasse right on R,L,R

5,6,7,8: Step L across R, step back on R,, step on L next to R, step R across L

Section 2 : STEP, TOUCH, STEP, TOUCH, CHASSE ¼ TURN, STEP FORWARD, ¼ PIVOT TURN

9,10,11,12: Step L to side, touch R next to L, step R to side, touch L next to R

13&14: Chasse with quarter turn left on L,R,L (facing 9 o'clock)

15,16: Step R forward, make a quarter pivot turn left (weight now on L facing 6 o'clock)

***Restart needed here on the 6th wall (you will be facing 9 o'clock when you restart the dance)**

Section 3 : CROSS ROCK, RECOVER, SIDE ROCK, RECOVER, CROSS SHUFFLE, TOE STRUT

17,18,19,20: Rock R across L, recover onto L, rock R out to right side, recover onto L

21&22: Cross shuffle in front to left side on R,L,R

23,24: Toe strut to left side on L, toes first then heel

Section 4 : CROSSING TOE STRUT, SIDE ROCK, RECOVER, CROSS SHUFFLE, ROCK ¼ PIVOT TURN

25,26: R toe strut across L, toes first then heel

27,28: Rock L to left side, recover onto R

29&30: Cross shuffle in front to right side on L,R,L

31,32: Rock R to side, pivot quarter turn to left (weight now on L facing 3 o'clock)

NB : Restart Needed With Paul Carrack Track On 6th Wall After 16 Counts

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=111154