

# Beneath The Sheets

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**Count:** 32

**Wall:** 4

**Level:** High Intermediate - Rolling Count

**Choreographer:** Joshua Talbot (AUS) - July 2025

**Intro: 16 counts from heavy beat - start with Lyrics**

**Note: This routine is done completely facing the diagonals/angles of the room, you never straighten up to a solid wall. Start facing 10.30pm.**

**Section 1: FWD HITCH, BACK SWEEP, BACK SWEEP, BEHIND, SIDE, CROSS ROCK, RECOVER,  $\frac{1}{4}$ ,  $\frac{1}{2}$ , BACK**

**1 Step L fwd bring R knee up (start facing 10.30) (10.30)**

**2, 3 Step R back sweeping L back, step L back sweeping R back**

**4 a5 Step R behind L, step L to L, cross rock R over L**

**6 a Recover weight L,  $\frac{1}{4}$  R step on R (1.30)**

**7  $\frac{1}{2}$  R step on L sweeping R back (7.30)**

**8 Rock R back**

**Section 2: FWD SWEEP, CROSS, SIDE, BEHIND SWEEP, BEHIND,  $\frac{1}{4}$  FWD, PIVOT  $\frac{1}{2}$ ,  $\frac{1}{2}$ ,  $\frac{1}{4}$ , BEHIND,  $\frac{1}{4}$**

**1 Recover weight L fwd sweeping R fwd**

**2 a3 Cross R over L, step L to L, step R behind L sweeping L back**

**4 a5 Step L behind R,  $\frac{1}{4}$  R step on R, step L fwd (10.30)**

**6 a7  $\frac{1}{2}$  R taking weight R,  $\frac{1}{2}$  R step onto L,  $\frac{1}{4}$  R step R to R (1.30)**

**8 a Step L behind R,  $\frac{1}{4}$  R step R fwd (4.30)**

**Section 3: ROCK FWD, RECOVER, TOGETHER, BACK ROCK, RECOVER, TOGETHER, WALK FWD, ROCK FWD, RECOVER, BEHIND, SIDE, CROSS**

**1, 2a Rock L fwd, recover weight R, step L together**

**3, 4a Rock R back, recover weight L, step R together**

**5 Step L fwd sweeping R fwd**

**6 Press R fwd taking weight completely on R (slightly bring L towards R)**

**7 Step L back sweeping R back**

**8&a Step R behind L, step L to L, cross R over L**

**Optional Turn: On counts 5a full turn fwd over L shoulder**

**Section 4: SIDE, ROCK BEHIND, RECOVER, SIDE, BEHIND, SIDE, CROSS ROCK, RECOVER, SIDE, CROSS,  $\frac{1}{4}$ ,  $\frac{1}{2}$  FWD**

**1, 2a Step L to L, rock R behind L, recover weight L**

**3, 4a Step R to R, step L behind R, step R to R**

**5, 6a Cross rock L over R, recover weight R, step L to L**

**7, 8a Cross R over L,  $\frac{1}{4}$  R step on L,  $\frac{1}{2}$  R step R fwd (1.30)**

**[32]**

**Restart: Wall 3 - 8 counts restart facing 1.30**

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