

# BEAUTY SLEEP

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**Count:** 40      **Wall:** 2      **Level:** beginner

**Choreographer:** Steve Hatley

**Music:** Fifty-Fifty Love by Lee Roy Parnell

## SWITCH STEPS

- 1      Touch right foot to the right
- 2      Switch steps by stepping right foot beside left foot as you touch the left foot to the left
- 3      Switch steps by stepping left foot beside right foot as you touch the right foot to the right
- 4      Hold and clap
- 5      Switch steps by repeating #2 above
- 6      Switch steps by repeating #3 above
- 7      Switch steps by repeating #2 above
- 8      Hold and clap

## SAILOR SHUFFLES

- 9      Cross left foot behind the right foot and step, & step slightly to the right on the right foot
- 10     Step left foot next to the right foot
- 11     Cross right foot behind left foot and step, & step slightly to the left on the left foot
- 12     Step right foot next to the left foot
- 13-16   Same as numbers 9 through 12

## ROCK STEPS, BACKWARD SHUFFLE

- 17     Step back on left foot
- 18     Rock forward on right foot
- 19     Step forward on left foot
- 20     Rock back on right foot
- 21&22   Shuffle back, left-right-left
- 23     Step back on right foot
- 24     Rock forward on left foot and clap

## FORWARD TURNING SHUFFLES, ROCK STEPS

- 25&26** Shuffle forward, right, left, right, while making a ½ turn to the left
- 27** Step back on left foot
- 28** Rock forward on right foot and clap
- 29&30** Shuffle forward, left-right-left, while making a ½ turn to the right
- 31** Step back on right foot
- 32** Rock forward on left foot and clap

### **STEP HITCHES, CROSS UNWIND, HEEL, TOE**

- 33** Step forward on right foot
- 34** Hitch left knee
- 35** Step back on left foot
- 36** Hitch right knee
- 37** Cross right foot over left foot
- 38** Unwind a ½ turn, to the left
- 39** Tap right heel forward
- 40** Tap right toe back

### **REPEAT**