

SLEEP

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Time: 2:29 min adjust for comfort

Music: Nick Austin
download from Casa Musica
Rhythm: QUICKSTEP
(Quarter Turn Progressive Chasse & Running Fwd Locks)

Phase: III+2

Footwork: Woman opposite except as noted
Sequence: INTRO-ABC-ABCD-B-C-End

Difficulty: Average

INTRO

1-4 WAIT ;; HOVER & THRU ;;

1-2 SS in CP/Wall, lead foot free, wait 2 measures;;
3-4 SS SS fwd L, -, fwd & side R, -; side & fwd L to SCP/LOD, -, step thru R, -;
5-8 2 SIDE CLOSES ; SIDE THRU ; TWIRL/VINE 2 ; WALK & PICKUP DLW ;
5 QQQQ side L, close R, side L, close R;
6 SS side L, -, thru R, -;
7 SS side L, -, XRIB, -;
(side and fwd R turning ½ Rfc under joined lead hands, -, side and back L turning ½ Rfc, -;)
8 SS fwd L, -, close R to fc DLW, -;

PART A

1-4 QUARTER TURN & PROGRESSIVE CHASSE & FWD ;;;

1-2 SS QQS fwd L, -, fwd R turning Rfc 1/8, -; side L, close R turning Rfc 1/8, side and back L fc DRW, -;
3-4 SQQ SS back R turn Lfc 1/8, -, side L, close R turn Lfc 1/8; side and fwd L BJO DLW, -, fwd R, -;
5-8 FORWARD LOCK FORWARD ; MANEUVER SIDE CLOSE ;
5 QQS fwd L, XRb of L, fwd L, -;
6 SQQ fwd R comm Rfc upper body trn, -, cont Rfc turn side L to fc RLOD, close R to CP, -;
7-8 IMPETUS TO SCP & PICKUP to DLC ;;
7-8 SS SS comm Rfc upper body turn back L, -, close R to L [Man heel turn] cont Rfc turn, -;
complete turn fwd L to SCP, -, close R pick the lady up to fc DLC, -;
(comm Rfc upper body turn fwd R between man's feet heel to toe pivoting ½ Rfc, -, side and fwd L cont Rfc turn around man brush R to L, -; complete turn fwd R to SCP, -, fwd L and turn Lfc to fc DRW, -;)

9-12 2 LEFT TURNS ;; WALK & CHECK ; FISHTAIL ;

9-10 SQQ SQQ fwd L comm trng Lfc, -, sd R cont Lfc turn to RLOD, cl L; bk R cont trng, -, sd L cont trng, cl R to fc DLW;
112 SS fwd L, -, ck fwd R outside woman, -;

12 QQQQ in BJO DLW Xib L, sd & bk R, fwd L to DLW, lock RIB to BJO DLW;

13-16 WALK 2 ; 2 FWD LOCKS ; HOVER & THRU to OPEN POSITION ;;

13-14 SS QQQQ fwd L, -, fwd R, -; fwd L, lock RIB, fwd L, lock RIB;
15-16 SS SS fwd L, -, fwd & side R, -; side & fwd L to SCP LOD, -, step thru R to OP LOD, -;

PART B

1-8 CHARLESTON ;; CIRCLE AWAY IN 4 ;; CHARLESTON ;; CIRCLE TOGETHER IN 4 ;;

1-2 S-S step fwd L, -, point fwd R, -; step bk R, -, point bk L, -;
3-4 SSSS circle away Lfc L (Rfc), -, R, -; L -, R to fc RLOD (fc RLOD), -;
5-6 S-S step fwd L, -, point fwd R, -; step bk R, -, point bk L, -;
7-8 SSSS circle together Lfc L (Rfc), -, R, -; L -, R to CP/Wall, -;

9-14 2 TIPSY TURNS (2 TURNING TWO STEPS) ;; VINE 8 ;; 2 SIDE CLOSES ; WALK & PICKUP DLW ;

9-10 QQS QQS side L, close R comm Rfc turn with a R side stretch, side and bk L complete ½ Rfc turn, -;
side R, close L comm Rfc turn with a L side stretch, fwd R complete ½ Rfc turn to CP/Wall, -;
11-12 QQQQ QQQQ side L, XRIB, side L, XRIF; side L, XRIB, side L, XRIF;
13 QQQQ side L, close R, side L, close R;
14 SS fwd L, - close R to fc DLW, -;

PART C

- 1-4** **RUNNING FORWARD LOCKS ;; MANEUVER SIDE CLOSE ; PIVOT ½ to BJO ;**
 1-2 QQQQ QQS BJO DLW fwd L outside partner, lock RIB, fwd L, fwd R; fwd L, lock RIB, fwd L, -;
 3 SQQ fwd R comm Rfc upper body trn, -, cont Rfc turn side L to fc RLOD, close R to CP;
 4 SS comm Rfc upper body turn back L, -, cont turn fwd R between woman's feet to BJO DLW, -;
5-8 **RUNNING FORWARD LOCKS ;; MANEUVER SIDE CLOSE ; PIVOT ½ to PICKUP DLW ;**
 5-6 QQQQ QQS BJO DLW fwd L outside partner, lock RIB, fwd L, fwd R; fwd L, lock RIB, fwd L, -;
 7 SQQ fwd R comm Rfc upper body trn, -, cont Rfc turn side L to fc RLOD, close R to CP;
 8 SS comm Rfc upper body turn back L, -, cont turn fwd R between woman's feet to BJO DLW,
 second time to BFLY/Wall, -;

PART D

- 1-4** **SLIDE AND VINE 4x ;;;; ;;;;**
 1-2 SS QQS side L, -, draw R to L, -; XRIB, side L, XRIF, -;
 3-4 SS QQS side L, -, draw R to L, -; XRIB, side L, XRIF, -;
 5-6 SS QQS side L, -, draw R to L, -; XRIB, side L, XRIF, -;
 7-8 SS QQS side L, -, draw R to L, -; XRIB, side L, XRIF, -;
9-10 **TIPSY TURNS (2 TURNING 2 STEPS) to PICKUP ;;**
 9-10 QQS QQS side L, close R comm Rfc turn with a R side stretch, side and bk L complete ½ Rfc turn, -;
 side R, close L comm Rfc turn with a L side stretch, fwd R complete ¼ Rfc turn to CP/LOD, -;
11-14 **FORWARD MANEUVER SIDE CLOSE ;,, OVERSPIN TURN Fc/W ,,,; ½ BOX BACK ;**
 7-8,5 SSQQ fwd L, -, fwd R comm Rfc upper body trn, -; cont Rfc turn side L to fc RLOD, close R to CP, -,
 8,5-10 S SS back L comm pvtg Rfc to LOD, -; fwd R cont turning to fc Wall (brush R to L), -, rec sd & back L, -;
 11 SQQ back R, -, side L, close R;
15-16 **2 SIDE CLOSES ; SIDE THRU to OP ;**
 15 QQQQ side L, close R, side L, close R;
 16 SS side L, -, thru R, -;

ENDING

- 1** **SIDE CORTE ;**
 1 S- side L and stretch lead side, -, hold , -;

Quick Cues SLEEP / QS III+2 / Haltmayer/Prüfer

- Intro(8) CP/Wall – Lead Ft Free
 Wait 2 ;; (Slow) Hover & Thru ;;
 2 Sd CIs ; Sd Thru ; Twirl/Vine 2 ; Wk & PU DLW ;
- A(16)CP/DLW Qtr Trn & Prog Chasse & Fwd ;;;;
 Fwd Lk Fwd ; Manuv Sd CI ; Imp SCP & PU DLC ;;
 2 L Trns ;; Wik & Chk ; Fishtail ;
 Wik 2 ; 2 Fwd Locks ; (Slow) Hover & Thru to OP ;;
- B(14)OP/LOD Charleston ;; Circ Away in 4 ;; Charleston ;; Circ Tog in 4 to CP ;;
 Tippy Trns ;; Vine 8 ;; 2 Sd CI ; Wik & PU ;
- C(8)CP/LOD Running Fwd Lks ;; Manuv Sd CI ; Piv ½ to BJO ;
 Running Fwd Lks ;; Manuv Sd CI ; Piv ½ to DLW ;
- A B C to BFLY/W
- D(16)BFLY/W Slide & Vine 4x ;;;; ;;;;
 Tippy Trns to PU ;; Fwd Manuv Sd CI ,,,; Overspin Trn Fc/W ,,,; ½ Box Bk ;
 2 Sd CI ; Sd Thru to OP ;
- B C
- End(1)CP/DLW Sd Corte ;