

Sleep**IMPROVER**

32 Count 4 Walls

Choreographed by: Kate Sala

Choreographed to: Sleep by Allen Stone

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- S - 1 Step Right, Cross, Step Right, Together, Forward, Step Left, Cross, Left, Together, Forward.**
1 2 Step R to right side. Cross step L over R.
3 & 4 Step R to right side. Step L next to R. Step forward on R.
5 6 Step L to left side. Cross step R over L.
7 & 8 Step L to left side. Step R next to L. Step forward on L (Tag during wall 3 and 6) .
- S - 2 Rock Forward, Recover, Coaster Step, Step Pivot 1/4 Turn Right, Cross Shuffle.**
1 2 Rock forward on R. Recover on to L.
3 & 4 Step back on R. Step L next to R. Step forward on R.
5 6 Step forward on L. Pivot 1/4 turn right.
7 & 8 Cross step L over R. Step R to right side. Cross step L over R.
- S - 3 Step Right, Touch, Step Left, Touch, Step Back, Tap, Step In Place, Step Pivot 1/2 Turn Left x 2.**
1 & Step R to right side. Touch L toe next to R instep.
2 & Step L to left side. Touch R toe next to L instep.
3 & 4 Step back on R. Touch L toe forward. Step L down in place
5 6 Step forward on R. Pivot 1/2 turn left.
7 8 Step forward on R. Pivot 1/2 turn left.
- S - 4 Shuffle Forward, Mambo Step, Walk Back x 2 , Sailor Step, Together.**
1 & 2 Step forward on R. Step L next to R. Step forward on R.
3 & 4 Rock forward on L. Recover on to R. Step back on L.
5 6 Step back on R. Step back on L.
7 & 8 & Cross step R behind L. Step L out to left side. Step R in place. Step L next to R.

Start Again!

Tag: Dance the 4 count tag after 8 Counts on wall 3 facing 6:00 and after 8 counts on wall 6 facing 12:00

1 2 3 4 Rock forward on R. Recover on L. Rock back on R. Recover on L

After the tag start again from the beginning of the dance.

To end the dance facing the front, just step 1/2 pivot right instead of the 1/4 turn
