

Beauty Sleep

BEGINNER 40 Count Choreographed by: Steve Hatley Choreographed to: Fifty-Fifty Love by Lee Roy Parnell

Website: www.linedancerweb.com Email: admin@linedancerweb.com

SWITCH STEPS

- 1 Touch right foot to the right
- Switch steps by stepping right foot beside left foot as you touch the left foot to the left
 Switch steps by stepping left foot beside right foot as you touch the right foot to the right
 - Switch steps by stepping left foot beside right foot as you touch the right foot to the right 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

4

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 1/2 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 1/2 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 1/2 turn, to the left
- 39 Tap right heel forward
- 40 Tap right toe back

REPEAT

Linedancer, 166 Lord Street, Southport, United Kingdom, PR9 0QA Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768 *charged at 10p per minute