

SLEEP

Rhythm: Quickstep
(Quarter Turn Prog Chasse, Running Fwd Locks)
Choreo: Birgit Haltmayer & Martin Prüfer (2023)
Music: Nick Austin
CD: Ballroom Nights 6 #42
Download: Casa Musica
Seq: Intro - A B C – A B C D – B C - End

Phase: III+2

Time: 2:29

Speed: 43 or slow for comfort

Intro(8) CP/W – Lead Ft Free
Wait 2 ;; (Slow) Hover & Thru ;;
2 Sd Cls ; Sd Thru ; Twirl/Vine 2 ; Wk & PU DLW ;

A(16)CP/LW Qtr Trn ;; Prog Chasse & Fwd ;;
Fwd Lk Fwd ; Manuv Sd Cl ; Imp SCP & PU ;;
2 L Trns ;; Wk & Chk ; Fishtail ;
Wk 2 ; Fwd Lk 2x ; (Slow) Hover & Thru to OP ;;

B(16)OP/LOD Charleston ;; Circ Away 4 ;; Charleston ;; Circ Tog 4 ;;
Topsy Trns ;; Vine 8 ;; 2 Sd Cl ; Wk & PU ;

C(8)PU Running Fwd Lks ;; Manuv Sd Cl ; Piv ½ to BJO ;
Running Fwd Lks ;; Manuv Sd Cl ; Piv ½ to PU DLW ;

Repeat A B C to BFLY/W

D(12)BFLY/W Slide & Vine 4x ;;;; ;;;;
2 Topsy Trns ; to PU ; Fwd Manuv Sd Cl ,;;
Overspin Trn Fc/W ,;; ½ Box Bk ; 2 Sd Cl ; Sd Thru to OP ;

Repeat B C

End(1)PU/LW Sd Corte ;