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Sleepy Heads

32 Count, 4 Wall, Improver

Choreographer: Jan Brookfield (UK) May 2016

Choreographed to: Sleep On It by Paul Carrack

124 BPM

Start after 16 counts on the word "listening"

Section 1: Cross Rock, Recover, Chasse Right, Jazzbox Cross

1,2 Step R across in front of L, recover onto L
3&4 Chasse right on R,L,R
5,6,7,8 Step L across R, step back on R,, step on L next to R, step R across L

Section 2: Step, Touch, Step, Touch, Chasse ¼ Turn, Step Forward, ¼ Pivot Turn

9,10,11,12 Step L to side, touch R next to L, step R to side, touch L next to R
13&14 Chasse with quarter turn left on L,R,L (facing 9 o'clock)
15,16 Step R forward, make a quarter pivot turn left (weight now on L facing 6 o'clock)
***Restart needed here on the 6th wall (you will be facing 9 o'clock when you restart the dance)**

Section 3: Cross Rock, Recover, Side Rock, Recover, Cross Shuffle, Toe Strut

17,18,19,20 Rock R across L, recover onto L, rock R out to right side, recover onto L
21&22 Cross shuffle in front to left side on R,L,R
23,24 Toe strut to left side on L, toes first then heel

Section 4: Crossing Toe Strut, Side Rock, Recover, Cross Shuffle, Rock ¼ Pivot Turn

25,26 R toe strut across L, toes first then heel
27,28 Rock L to left side, recover onto R
29&30 Cross shuffle in front to right side on L,R,L
31,32 Rock R to side, pivot quarter turn to left (weight now on L facing 3 o'clock)

NB: Restart Needed With Paul Carrack Track On 6th Wall After 16 Counts