



SLEEPWALK

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SONG & ARTIST; SLEEPWALK WITH ME by SHIRES

2 WALL IMPROVED BEGINNERS 32 counts

Beats

Steps

1&2.3.4

FWD SHUFFLE , FWD, ARM SWAYS FWD & BACK

STEP R FWD, STEP L NEXT TO R, STEP R FWD, STEP L FWD & DO THE BELOW ON BEATS 3, 4,

ARMS MOVEMENTS; BRING ARMS FROM SIDES, PUSH ARMS FWD, OVER HEAD AS YOU LEAN FWD TOUCH FINGERS TOG-, SPREAD ARMS TO SIDES PLACE HANDS TO SIDES PALMS UP, RECOVER WEIGHT ON R

5&6.7.8

BACK SHUFFLE, BACK, FWD, SPREAD ARMS TO SIDES ON STEP BACK, turn head L

STEP L BACK, BRING R NEXT TO L, STEP L BACK, STEP R BACK, SPREAD ARMS OUT TO SIDES LEAN BACK SPREAD FINGERS OUT PALMS FACING UP, TURN HEAD TO L SIDE, LITTLE KICK WITH L FWD, RECOVER WEIGHT FWD ONTO L, (to start ½ shuffle turn L)

1&2.3.4

½ SHUFFLE TURN L, BACK, FWD,

½ TURNING SHUFFLE TO L ON R,L,R, STEP L BACK, STEP R FWD (slow shuffle turns)

5&6.7.8

½ SHUFFLE TURN R, BACK, FWD,

1/2 TURNING SHUFFLE TO R ON L,R,L, STEP R BACK, STEP L FWD (slow shuffle turns)

1&2.3&4

MAMBO FWD, HOLD, MAMBO BACK, HOLD

STEP R FWD, STEP L IN PLACE, STEP R NEXT TO L, HOLD
STEP L BACK, STEP R IN PLACE, STEP L NEXT TO R, HOLD

5&6.7&8

1/2 PIVOT TURN L, L SHUFFLE FWD,

STEP R FWD, TURN BODY ½ TO L, STEP L IN PLACE STEP, STEP R FWD
SHUFFLE FWD ON L,R,L

1&2.3&4

MOVING FWD UP THE FLOOR, SIDE, STEP FWD, CROSS, SIDE, FWD, CROSS

MOVING FWD UP THE FLOOR,

STEP R TO R, TO R, STEP L FWD (moving fwd) STEP R ACROSS L (moving fwd)

STEP L TO L, TO L, STEP R FWD (moving fwd) STEP L ACROSS R (moving fwd)

5&6.7&8

MOVING FWD UP THE FLOOR, SIDE, STEP FWD, CROSS, SIDE, FWD, CROSS

MOVING FWD UP THE FLOOR,

STEP R TO R, TO R, STEP L FWD (moving fwd) STEP R ACROSS L (moving fwd)

STEP L TO L, TO L, STEP R FWD (moving fwd) STEP L ACROSS R (moving fwd)

START AGAIN