SLEEPING BEAUTY

Composer: Brent & Mickey Moore, 206 Scenic Drive, Oak Bridge, TN 37830, (615) 483-7997
Record: Columbia 38-04217 "I Don't Want To Wake You" Julio Iglesias **Speed 45**
Rhythm/Phase: Bolero/Unphased
Footwork: Opposite throughout, directions for M unless otherwise stated
Sequence: **INTRO – Dance – Dance – Ending (Dance Meas 1-7, lunge)** **released 1993**

Meas **INTRO**

1-4 **WAIT 1; SIDE LUNGE & ARM SWEEP; RECOVER & SHAPE; HIP ROCKS;**

1 Open fcg but cl ld hnds jnd & dwn trail hnds shaped to ptr M's R & W's L foot free pntng sd & bk wait1meas;
2 (Side Lunge & Arm Sweep SS) Brush R compress to ptr/trn RF lunge sd R fc RLOD, -, look at R hnd & slowly sweep up & down, -;
3 (Rec & Shape SS) Rec L sharp trn LF to fc ptr lv R slightly sd & bk shape hnds to ptr, -, cont to shape body to ptr, -;
4 (Hip Rocks SQQ) Rock sd R roll hip sd & bk jn hnds, -, rec L hip roll, rec R hip roll fc Wall;

DANCE

1-4 **NEW YORKER; SPOT TURN; TURNING BASIC TO COH;;**

1 (New Yorker SQQ) Sd & fwd L V-pos LOD, -, ck thru R LOD soft knee slight trn LF, rec L trn to fc soft knee start to rise;
2 (Spot Turn SQQ) Trn RF sd & fwd R V-pos RLOD, -, thru L soft knee trn RF, rec R cont trn RF to fc soft knee start to rise;
3-4 (Trng Basic SQQ SQQ)Sd L to CP/Wall (W look R), -, trn LF slip pvt action bk R soft knee, sd & fwd L trn LF to fc COH soft knee start rise; sd R CP/COH, -, body trn LF fwd L contra ck action, rec R soft knee start rise;

5-8 **CROSS BODY; LUNGE BREAK; RIGHT PASS; FORWARD BREAK;**

5 (Cross Body SQQ) Sd & bk L to L-shape COH, -, bk R in SCAR toe in soft knee trn LF, cont LF trn fwd L release hold start rise fc DRW (W sd & fwd R to SCAR, -, fwd L start LF trn, trn LF sd & fwd R fc M);
6 (Lunge Break SQQ) Trn LF sd & fwd R to OPF fc Wall ld hnds still jnd, -, lwr on R xtnd L to sd & bk good tone press W bk, start rise on R bring W fwd (W sd & bk L OPF, -, bk R contra ck action slight sit line action, rec fwd L start rise);
7 (Right Pass SQQ) Fwd L slight trn RF to L-pos fc DLW raise ld hnds to create window look at W, -, loose XRIBL slight trn RF sit knee, slight trn RF rec L to fc DRC (W fwd R 1ook at M thru "window", -, fwd L soft knee start slight trn LF, fwd R trn LF undr ld hnds fc M/DLW);
8 (Forward Break SQQ) Sd & fwd R to OP/fcg fc DRC, -, ck fwd L small step slight contra ck action jn hnds BFLY, rec bk R start rise (sd & bk L OP/fcg, -, bk R contra ck action slight sit line action, rec fwd L start rise);

9-12 **BACK WALK; OPEN BREAK; NATURAL TOP TO FACE; LUNGE BREAK;**

9 (Back Walk SQQ) Bk L w/hip roll sd & bk fc RLOD, -, bk R soft knee hip roll, bk L hip roll start rise start to bring hnds dwn;
10 (Open Break SQQ) Bk R with hip roll sd & bk fc RLOD, -, bk L soft knee ck action press W bk, rec fwd R release trail hnds (W fwd L w/hip roll, -, bk R soft knee, rec fwd L start rise);
11 (Natural Top SQQ) Fwd L to BJO start trn RF fc DRC, -, XRIBL soft knee slight trn RF, trn RF sd & fwd L start to release hold (W fwd R to BJO, -, fwd L trn RF, fwd R trn RF);
12 (Lunge Break SQQ) Trn RF sd & bk R to OPF fc Wall ld hnds still jnd, -, lwr on R xtnd L to sd & bk good tone press W bk, start rise on R bring W fwd (W sd & bk L OPF, -, bk R contra ck action slight sit line action, rec fwd L start rise);

13-16 **LEFT PASS TO FACE; HORSESHOE TURN;; AIDA;**

13 (Left Pass SQQ) Fwd L to SCAR DRW shape body DLW to W trn W RF, -, rec bk R soft knee start LF trn, sd & fwd L trn LF start to OP fc DLC start rise (W fwd R trn RF bk to M but shape head to M, sd & fwd L sit knee strng trn LF, bk R undr body fc M start rise;
14-15 (Horseshoe Turn SQQ SQQ) Sd & fwd R V-pos LOD, -, ck thru L LOD soft knee, rec R soft knee start to rise stay in V-pos raise ld hnds; fwd L start LF circle walk (W RF circle walk), -, fwd R soft knee circle walk (W undr jnd hnds), fwd L circle walk to RLOD;
16 (Aida)Sd & fwd R V-pos RLOD, -, thru L soft knee trn LF jn trail hnds (W trn RF), sd R trn LF release ld hnds start rise (W trn RF);

17-20 **AIDA & SWITCH LUN; SPOT TRN TO BFLY; SHLDR TO SHLDR; CROSS BODY CHG HANDS;**

17 (Aida & Switch Lunge SS) Trn LF bk L slight V-bk-to-bk pos LOD ld hnds up & out trail hnds fwd (W trn RF), -, trn RF bring trail hnds thru (W LF) to fc sd R soft knee shape to ptr, -;
18 (Spot Turn SQQ) Trn RF rec sd & fwd L V-pos LOD, -, thru R soft knee trn LF, rec L cont trn LF to fc soft knee start to rise;
19 (Shldr To Shldr SQQ) Sd & fwd R to BFLY/SCAR/Wall, -,(W sd & bk L to BFLY/SCAR,-, bk R in SCAR contra ck action slight sit line, rec fwd L start rise);
20 (Cross Body SQQ) Sd & bk L to SCAR/DLC, -, bk R in SCAR toe in sit knee trn LF bring hnds tgthr, cont LF trn fwd L chng to R-R hnd hold start rise fc LOD(W sd & fwd R to SCAR, -, fwd L start LF trn, trn LF' chng hnds R-R sd & fwd R fc DLW);

21-24 **HALF MOON;; START HALF MOON; HIP ROCK;**

21-22 (Half Moon SQQ SQQ) Sd & fwd R to L/skaters LOD, -, ck thru L LOD soft knee, rec R trn LF to fc COH soft knee start to rise (W trn LF sd & fwd L to L/skaters LOD, -, ck thru R soft knee, rec L trn RF to fc M); Trn LF sd & fwd L to L-pos moving RLOD, -, XRIBL soft knee slight trn LF, slip rec L trn LF(W sd & fwd R fc RLOD L-pos, -, fwd L trn LF soft knee, sd R trn LF);

23 (Start Half Moon SQQ)Sd & fwd R to L/skaters RLOD, -, ck thru L RLOD soft knee rec R trn LF to fc Wall soft knee start to rise chng hnds to jn trail hnds (W trn LF sd & fwd L to L/skaters RLOD, -, ck thru R soft knee, rec L trn RF to fc M chng hnds);

24 (Hip Rock SQ&Q)Sd & fwd L V-pos LOD, -, trn RF(W LF)rec R to fc collect hnds & shape to ptr roll hip sd & bk/rec L body trn LF (W RF) roll hip sd & bk, rec R body trn RF (W LF} roll hip sd & bk;

ENDING

1-4 **NEW YORKER; SPOT TURN; TURNING BASIC TO COH;;**

1 (New Yorker SQQ) Sd & fwd L V-pos LOD, -, ck thru R LOD soft knee slight trn LF, rec L trn to fc soft knee start to rise;

2 (Spot Turn SQQ) Trn RF sd & fwd R V-pos RLOD, -, thru L soft knee trn RF, rec R soft knee start rise;

3-4 (Trng Basic SQQ) Sd L to CP/Wall (W look R), -, trn LF slip pvt action bk R soft knee sd & fwd L trn LF to fc COH soft knee start rise; Sd R CP/COH, -, body trn LF fwd L contra ck action, rec R soft knee start rise;

5-8 **CROSS BODY; LUNGE BREAK;. RIGHT PASS TO CLOSED; LUNGE & SHAPE;**

5 (Whip SQQ) Sd & bk L to SCAR/COH, -, bk R in SCAR toe in soft knee trn LF, cont LF trn fwd L release hold start rise fc DRW;

6 (Lunge Break SQQ) Trn LF sd & fwd R to OPF fc Wall ld hnds still jnd, -, lwr on R xtnd L to sd & bk good tone press W bk, start rise on R bring W fwd (W sd & bk L OPF, -, bk R contra ck action slight sit line action, rec fwd L start rise);

7 (Right Pass SQQ) Fwd L slight trn RF to L-pos fc DRW raise ld hnds to create window look at W, -, loose XRIBL slight trn RF soft knee, slight trn RF rec L to fc RLOD(W fwd R 1ook at M thru "window", -, fwd L soft knee start slight trn LF, fwd R trn LF undr ld hnds fc M/LOD);

8 (Forward Lower To Lunge SS) Sd & fwd R to CP/RLOD, -, lwr on R as music fades R lunge line shape to W, -(W sd & bk L CP, -, lwr on L shape to L in R lunge line, -);