# SLEEPSONG

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Rhythm: Waltz Phase: 4 + 2 (DBL REV SPIN, CRVD FEATHER)
Footwork: Opposite except where W's noted by ( ); Timing 123 except as noted
Music: "Sleepsong" from the album "Earthsongs" Artist: Secret Garden
(music available online at iTunes Music Store, AmazonMP3, Walmart Music)
(music end with fade at 3:26; begin music at 1:01; resulting total length 2:25;
contact choreographers for questions)
Sequence: Intro-A-B-Bmod-Interlude-Amod Speed: 45 rpm (approx 30 measures/min)

## INTRO

### 1 (CP DLC, LD FT FREE) WAIT;

1 **(CP DLC, LD FT FREE)** ***{wait}*** wait 1 meas;

## PART A

### 1-4 2 LEFT TRNS;; HVR TELEMARK; NAT HVR FALWY;

1-2 **(CP DLC)** ***{2 left trns}*** fwd L comm LF trn, cont LF trn sd & fwd R, cl L to CP RLOD; bk R comm LF trn, bk & sd L toe pointing DLW, cl R to CP DLW;
3 ***{hvr telemark}*** fwd L toward DLW, fwd and slight sd R between W's feet rising & trng RF, cont RF trn sd & fwd L to SCP DLW;
4 ***{nat hvr falwy}*** thru R comm RF trn, fwd L ckg with rise cont RF trn, rec bk R to SCP DRW;

### 5-8 SLIP PVT; MANUVR; OP IMPETUS; WHIPLASH;

5 ***{slip pvt}*** bk L, with LF trn bk R keeping L leg extended, fwd L to CP/DLW (bk R comm LF pvt on ball of foot thighs locked L leg extended, fwd L complete LF trn to CP DLW, bk R);
6 ***{manuvr}*** fwd R comm RF trn, cont RF trn sd L to fc ptr RLOD, cl R to CP/RLOD;
7 ***{op impetus}*** comm RF upper body trn bk L, cl R to L RF heel trn, cont RF trn fwd L (fwd R between M's feet pivoting 1/2 RF, sd & fwd L cont RF trn around M brush R to L, cont RF trn fwd R) to SCP DLC;
1-- 8 ***{whiplash}*** thru R, pt L, - (thru L, swvl LF on L foot to CP pt R bk, -) ending CP/DLC;

### 9-12 BK HVR TO SCP; WEAVE TO SCP;; SYNC VINE;

9 ***{bk hvr to SCP}*** bk L in BJO, bk R with rise ckg (comm RF rotation), rec L to SCP DLW;
10-11 ***{weave to SCP}*** thru R, fwd L trn LF, bk R to BJO backing LOD; bk L in BJO, bk R to CP comm LF trn (fwd L no trn), sd & fwd L to SCP DRW;
1&23 12 ***{sync vine}*** thru R/trng to fc ptr in loose CP sd L, XRIB of L, sd & fwd L (thru L/sd R, XLIB of R, sd & fwd R) to SCP DLW;

### 13-17 OP NAT TRN; OUTSD CHG TO SCP; THRU TO PROM SWAY; OVERSWAY; CHG TO PROM SWAY, & SLIP;

13 ***{op nat trn}*** fwd R comm RF trn, sd L cont RF trn, cont RF trn sd & bk R (fwd L, fwd R bet M's feet, sd & fwd L outsd ptr) in BJO RLOD;
14 ***{outsd chg to SCP}*** bk L in BJO, bk R to CP trn LF, sd & fwd L to SCP DLW;
12- 15 ***{thru to prom sway}*** thru R, sd & fwd L trng to SCP relax L knee w/ R sd stretch to look over joined ld hnds, -;
--- 16 ***{oversway}*** chg to oversway w/ L sd stretch & slight LF trn, -, -;
--3 17 ***{chg to prom sway, & slip}*** chg to prom sway w/ slight RF trn & R sd stretch, -, trn LF on L bk R (trng LF on R fwd L) to CP DLC;

## PART B

### 1-4 DBL REV (to DLW); HVR; SLOW SD LK (M CL); DRAG HES;

12- (12&3) 1 **(CP DLC)** ***{dbl rev spin}*** fwd L comm LF trn, fwd & sd R cont LF trn, cont LF spin tch L to R (bk R comm LF trn, cl L to R heel trn/cont LF trn sd & bk R, XLIF of R) to CP DLW;
2 ***{hvr}*** fwd L, fwd & sd R with rise, rec L to SCP DLC;
3 ***{slow sd lk (M cl)}*** thru R, sd & fwd L to CP, cl R to L trng slight LF (thru L trng LF across M to CP, sd & bk R, cont slight LF trn XLIF of R) to CP DLC;
12- 4 ***{drag hes}*** fwd L comm LF trn, sd R cont LF trn, draw L toward R ending in BJO DRC;

### 5-8 BK PASSING CHG; OP FIN DLW; FWD & CHECK; SLOW DEVELOPE;

5 ***{bk passing chg}*** bk L, bk R w/ rt sd ld, bk L in BJO/RLOD;
6 ***{op fin DLW}*** bk R, trng LF sd & fwd L, fwd R outsd ptr to BJO DLW;
12- 7 ***{fwd & ck}*** fwd L, ck fwd R outsd ptr with chkg action in loose BJO, -;
--- 8 ***{slow develope}*** slowly stretch upward straightening R leg & sway slightly to R (bring R foot up L leg to inside of L knee toe pointing to floor, extend R leg fwd outsd ptr parallel to floor, -);

### 9-12 BK HVR TO BJO; CURVED FTHR CKG; BK, BK LK BK; OP IMPETUS;

9 ***{bk hvr to BJO}*** bk L in BJO, bk R with rise ckg, rec L to BJO DLW;
10 ***{curved fthr ckg}*** fwd R comm RF trn, sd & fwd L cont RF trn, strong body trn RF small step fwd R ckg outsd ptr (bk L, sd & bk R trn RF, strong body trn RF small step bk L) BJO DRW;
12&3 11 ***{bk, bk lk bk}*** bk L, bk R/lk LIF of R, bk R;
12 ***{op impetus}*** comm RF upper body trn bk L, cl R to L RF heel trn, cont RF trn fwd L (fwd R between M's feet pivoting 1/2 RF, sd & fwd L cont RF trn around M brush R to L, cont RF trn fwd R) to SCP DLC;

### 13-15 CROSS HESITATION; BK CANTER; HES CHG;

1--(123) 13 ***{cross hesitation}*** thru R, comm LF trn on R foot tch L, - (thru L, sd R around M trng LF, cont LF trn cl L to R) in BJO RLOD;
1-3 14 ***{bk canter}*** bk L, draw R to L, bk R;
12- 15 ***{hes chg}*** bk L trn RF, sd R to fc DLC, draw L to R in CP;

## PART Bmod

### 1-10 DBL REV (to DLW); HVR; SLOW SD LK (M CL); DRAG HES; BK PASSING CHG; OP FIN DLW; FWD & CHECK; SLOW DEVELOPE; BK HVR TO BJO; CURVED FTHR CKG;

1-10 repeat Part A, meas 1-10

### 11-15 CL IMPETUS; BOX FIN DLC; HVR TELEMARK; WEAVE 3; BK CANTER;

11 ***{cl impetus}*** comm RF upper body trn bk L, cl R to L RF heel trn, sd & bk L (comm RF trn fwd R bet M's feet pivoting 1/2 RF, sd & fwd L cont RF trn around M & brush R to L, fwd R bet M's feet) to CP DLC;
12 ***{box fin}*** bk R, sd L, cl R to CP/DLC;
13 ***{hvr telemark}*** fwd L toward DLC, fwd and slight sd R between W's feet rising & trng RF, cont RF trn sd & fwd L to SCP DLC;
14 ***{weave 3}*** thru R, fwd L trn LF, bk R to BJO backing LOD;
1-3 15 ***{bk canter}*** bk L, draw R to L, bk R;

## INTERLUDE

**1-5 BK, BK LK BK; OP IMPETUS; WING; CROSS HVR TO SCP; SLOW SD LK (M CL);**

12&3 1 ***{bk, bk lk bk}*** (BJO RLOD) bk L, bk R/lk LIF of R, bk R;

2 ***{op impetus}*** comm RF upper body trn bk L, cl R to L RF heel trn, cont RF trn fwd L (fwd R between M's feet pivoting 1/2 RF, sd & fwd L cont RF trn around M brush R to L, cont RF trn fwd R) to SCP DLC;

1--(123) 3 ***{wing}*** fwd R, draw L toward R, tch L to R (fwd L across M comm LF trn, fwd R around M cont LF trn, fwd L around M cont LF trn) to SCAR DLC;

4 ***{cross hvr to SCP}*** XLIF of R outsd ptr, sd R w/ slight rise & RF rotation, rec fwd L in SCP DLC;

5 ***{slow sd lk (M cl)}*** thru R, sd & fwd L to CP, cl R to L trng slight LF (thru L trng LF across M to CP, sd & bk R, cont slight LF trn XLIF of R) to CP DLC;

## PART Amod

**1-16 2 LEFT TRNS;; HVR TELEMARK; NAT HVR FALWY; SLIP PVT; MANUVR; OP IMPETUS; WHIPLASH; BK HVR TO SCP; WEAVE TO SCP;; SYNC VINE; OP NAT TRN; OUTSD CHG TO SCP; THRU TO PROM SWAY; OVERSWAY & HOLD;**

1-16 repeat Part B, meas 1-16, holding oversway position