

## SLEEPSONG

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Release Date: May 2011

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 TELEMAR; 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 telemar}* 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- 1 **{CP DLC} {dbl rev spin}** fwd L comm LF trn, fwd & sd R cont LF trn, cont LF spin tch L to R  
(12&3) (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 TELEMAR; 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 TELEMAR; 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