

SLEEPY LAGOON

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MUSIC: Album-Hawaii My Home - The Surfers - Track 54, available @Amazon.com
FOOTWORK: Opposite unless noted (Woman's footwork in parentheses)
RHYTHM: Waltz PHASE: IV
SPEED: 48 RPM 2min 50 sec
SEQUENCE: **INTRO A B C D A B C D ENDING**

INTRODUCTION

- 1-4 **WAIT 2 MEAS;; SWAY L&R;;**
1-2 Wrap pos, fc WALL, L ft free for both, **WAIT 2 MEAS;;**
3-4 **SWAY L&R**-sd L & hold; sd R & hold;
- 5-8 **LADY ROLL OUT; X LUNGE & PT; M HOLD-LADY ROLL BK; BOX FIN;**
5 **LADY ROLL OUT**-L, R, L sip (W L trng L fc, sd & fwd R cont trn, sd L in Lop fc wall);
6 **X LUNGE & PT**-XRIFL w/lunge action, rec L, pt R to RLOD;
7 **M HOLD - LADY ROLL BK**-, -, (W R trng R fc, sd & fwd L cont trn, sd R to CP);
8 **BOX FIN**-bk R, sd & bk L trng 1/8 LF, cl R to DLW;

PART A

- 1-4 **2 L TRNS TO LINE & WALL;; HVR; P/U;**
1-2 **2 L TRNS**-fwd L trng LF, sd R, cl L; bk R trng LF, sd L, cl R;
3 **HVR**-fwd L, sd & fwd R w/rise, sd & fwd L to SCP;
4 **P/U**-thru R, fwd & sd L ldg W to CP, cl R;
- 5-8 **DIA TRN to SCAR;;;**
5-8 **DIA TRN to SCAR**-fwd L, sd R, bk L; bk R, sd L, fwd R; fwd L, sd R, bk L;
undertrng bk R, sd L, fwd R to SCAR DW;

PART B

- 1-4 **X HVR 3X;;; MANUV;**
1-3 **X HVR 3X**-XLIFR, sd R w/rise, rec L to BJO; XRIFL, sd L w/rise, rec R to SCAR;
XLIFR, sd R w/rise, rec L to BJO;
4 **MANUV**-fwd R trng RF in frnt of W, sd L, cl R to CP RLOD;
- 5-8 **OVR SPIN TRN; BOX FIN; HVR; THRU FC CLO;**
5 **OVR SPIN TRN**-bk L pvtg RF 3/4, fwd R w/rise, sd & bk L;
6 **BOX FIN**-bk R, sd & bk L trng 1/8 LF, cl R to DLW;
7 **HVR**-fwd L, sd & fwd R w/rise, sd & fwd L to SCP;
8 **THRU FC CLO**- XRIFL (W XLIFR), fwd L to fc ptr, cl R to CP DLW;

PART C

1-4 **DIP BK & HOLD; REC & TCH; WISK; WING;**

- 1 **DIP BK & HOLD**-bk L leaving R leg extended,,;
- 2 **REC & TCH**-rec R, tch L to R;
- 3 **WISK**- fwd L, sd & fwd R w/rise, hk L beh R (W hk R beh L);
- 4 **WING**- fwd R leading W in frnt to SCAR LOD, draw L, tch L;

5-8 **OP TEL; NAT HVR FALWY; SLIP PV; MANUV;**

- 5 **OP TEL**- fwd L, trn LF sd & fwd R (W bk L w/heel trn), fwd L to tight SCP;
- 6 **NAT HVR FALWY**- fwd R trng RF 1/4, fwd L ckg w/rise, rec R;
- 7 **SLIP PV**- bk L (W bk R), bk R trng LF 1/4 (W trns LF fwd L), fwd L;
- 8 **MANUV**- fwd R trng RF in frnt of W, sd L, cl R to CP RLOD;

PART D

1-4 **CLO IMP; BOX BK; to rev OP IMP; HVR FALWY;**

- 1 **CLO IMP**- bk L, bk R to heel trn RF, sd & bk L in CP;
- 2 **BOX BK**- bk R, sd L, cl R to CP LOD;
- 3 **to rev OP IMP**- bk L trng RF, heel trn bk R (W sd & fwd L arnd M), fwd L in tight SCP DRW;
- 4 **HVR FALWY**- fwd R, fwd L ckg w/rise, rec R;

5-8 **SLIP PV; CLO WING; OP TEL; P/U;**

- 5 **SLIP PV**- bk L (W bk R), bk R trng LF 1/4 (W trns LF fwd L), fwd L to BJO DLW;
- 6 **CLO WING**- fwd R, drw L, tch L (W bk L, sd R acrs M, fwd L to SCAR);
- 7 **OP TEL**- fwd L, trn LF sd & fwd R (W bk L w/heel trn), fwd L to tight SCP;
- 8 **P/U**- thru R, fwd & sd L ldg W to CP LOD, cl R;

REPEAT A

REPEAT B

REPEAT C

REPEAT D

ENDING

1-3 **2 L TRNS to LINE & WALL;; DIP BK & TWST;**

- 1-2 **2 L TRNS to LINE & WALL**- fwd L trng LF, sd R, cl L; bk R trng LF, sd L, cl R to DL0D;
- 3 **DIP BK & TWST**- bk L leaving R leg extended w/lf upper body trn,,;

QUICK CUES WRAP, FC WALL - L ft free for BOTH

INTRO: WAIT 2 MEAS;; SWAY L&R;;
LADY ROLL OUT; X LUNGE & PT; LADY ROLL BK to CP; BOX FIN;

A: 2 L TRNS to LINE & WALL;; HVR; P/U;
DIA TRN to SCAR;;;

B: X HVR 3X;;; MANUV;
OVR SPIN TRN; BOX FIN; HVR; THRU FC CLO;

C: DIP BK & HOLD; REC & TCK; WISK WING;
OP TEL; NAT HVR FALWY; SLIP PV; MANUV;

D: CLO IMP; BOX BK; *to rev* OP IMP; HVR FALWY;
SLIP PV; CLO WING; OP TEL; P/U;

REPEAT A: B: C: D:

END: 2 L TRNS to LINE & WALL;; DIP BK & TWST;