**SLEEPSONG**

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**Rhythm:** Waltz  
**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)

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**INTRO**

1. **(CP DLC, LD FT FREE) WAIT;**

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

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**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;**  

   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 comm 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;**  

   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;**

   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, - , -;**

   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;

1-3 (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 PVC; 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