WHO´S BEEN SLEEPING????

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CHOREO: Åke & Birgitta Grahm
ADDRESS: Backstigen 9, 370 30 Rödeby, Sweden
PHONE: +46455 48716
E-MAIL: graham@telia.com
MUSIC: Song: Who´s been sleeping in my bed
Music Media: CD “Glenn Frey Solo Collection”
Source: Track 2
ARTIST: Glenn Frey
FLIP OF:
MUSIC MODIFIED: No
ADDRESS:
E-MAIL:
PHONE:
BPM:
TIME @ 28BPM

FOOTWORK:
RHYTHM:
SEQUENCE:
INTRO, A, B, A 1-8, B MOD, A 9-16, B MOD, C, ENDG

MEAS.

INTRODUCTION
1-4
1-4 In BFLY Man fcg WALL lead foot free WAIT;;;;;

5-8
5-8 DOUBLE CUBANS;; KICK/BALL, CHANGE TWICE; JIVE CHASSÉ;
5-6 (Double Cubans) XLift/Rec R (W XRec/L, L), sd L/Rec R, XLift/Rec R (W XRec/L, L), sd L;
   XRec/L, rec L (W XRec/L, L), sd R/Rec R, XRec/L, rec L (W XRec/L, L), sd R;
7-8 (Kick/ball change twice) Kick L ft fwd/cl L, cl R, Kick L ft fwd/cl L, cl R;
   (Jive chassé) Sd L/cR, sd L, sd R/cl L, sd R;

PART A

1-4
1-2 (Flicks into breaks) Rk bk L (W bk R), rec R, pt L to LOD, fwd L; pt R, fwd R, pt L, fwd L;
3-4 Kick R thru to LOD, sd R to RLOD. Kick L thru to RLOD, sd L to LOD; repeat;

5-8
5-6 THRU,HOLD,BALL/CHANGE; THROWAWAY; STOP&GO;;
5-6 (Finish Flicks into breaks) Thru R to LOD, hold, hold, ball/change; (Throwaway) Sd & fwd L/R, L (W fwd R trng LF/L, bk R), R/L, R trng LF (W sd & bk L/R, L) to LOP-FCG/LOD;
7-8 (Stop&Go) Rk bk L, rec fwd R, fwd L/R, fwd L catch the Woman (W fwd L/R trng ½ LF undr jnd hnds, bk R); Rk fwd R, rec L, bk R/L, R (W fwd L/R trng ½ RF, bk L) to LOP-FCG/LOD;

9-12
9-10 (Lindy catch) Rk bk L, rec R, fwd L/R trng ½ RF, fwd L to W’s L sd (W fwd R/L, R);
(Sweetheart) Rk fwd R, rec L, sd R/L, R to W’s R sd;
11-12 (Sweetheart) Rk fwd L, rec R, sd L/R, L to W’s L sd; (Finish Lindy Catch) Fwd R, fwd L trng ½ RF, fwd R/L, R to HNDSHK/LOD;

13-16
13-15 CHANGE L-R TO TANDEM MAN FC COH-CATAPULT TO HANDSHAKE;;;
ROCK, REC, KICK/BALL, CHANGE;
13-15 (Chg L-R) Rk bk L, rec R, fwd L/R, L trn ¼ LF to fc COH(W fwd R/L, R trn ¾ LF undr jnd hnds); sip R/L, R (W sip L/R, L) join L hnds to dbl handhold, (Catapult) rk fwd L, rec R; Sip L/R, L release R hnds (W fwd R/L trn ½ RF to fc ptr, spn RF on R), sip R/L, R to HNDSHK;
16 (Rk rec kick/ball chg) Rk bk L, rec R, kick L ft fwd/cl L, cl R;

PART B

1-5
1-2 (Triple wheel 5) Rk bk L, rec R, fwd L/R, L start RF wheel tch W’s bk w/L hnd (W fwd R/L, R trng away fr ptr); cont wheel RF R/L, R trng away fr ptr (W L/R, L trng twds ptr/tch his bk w/L hnd), fwd L/R, L cont RF wheel tch W’s bk w/L hnd (W fwd R/L, R trng away fr ptr); Sd R/L, R (W spn L/R, L);
3-5 (She go, he go) Rk bk L, rec R; Fwd L/R, fwd L trng ½ LF undr Ld hnds (W fwd R/L trng LF, R cont trn to fc), sd R/L, R;
WHO’S BEEN SLEEPING????

6-8  SHE GO, HE GO~LINK ROCK TO WALL;;;

   6-8  (She go, he go) Rk bk L, rec R, Fwd L/R, fwd L trng ½ LF undr ld hnds (W fwd R/L trng LF, R cont trn to fc); Sd R/L, R, (Link rock) Rk bk L, rec R; Fwd L/R, L to CP trng fc WALL (W fwd R/L, R), sd R/L, R

9-12  CHASSÉ ROLL;; CHASSÉ ROLL;;

   9-10  (Chassé roll) Rk bk L (W bk R) to SCP, rec R, sd L/R, L trn ½ RF (W trn LF); Sd R/L, R cont trn, sd L/R, L cont trn to LHOP-RLOD;
   11-12  Rk bk R (W bk L), rec L to fc, sd R/L, R trn ½ LF (W RF); Sd L/R, L cont trn, sd R/L, R to CP;

13-16  ROCK TO SCP, REC, FORWARD 2; STEP, KICK, FACE, POINT; SAILOR SHUFFLES;;

   13-14  Rk bk L (W bk R) to SCP, rec fwd R (W fwd L), fwd L (W fwd R), fwd R (W fwd L); Fwd L (W fwd R) to HOP, kick R twds LOD, sd R to fc ptr/WALL, pt L to LOD;
   15-16  (Sailor shuffles) XLibR/sd R. sd L, XRibL/sd L, sd R; XLibR/sd R. sd L, XRibL/sd L, sd R;

   PART A MEAS 1-8

1-8  FLICKS INTO BREAKS;;; THRU,HOLD,,BALL/CHG; THROWAWAY; STOP&GO;; TO HANDSHAKE

   1-8  Repeat A 1-8 to handshake/LOD;;;;;;

   PART B MOD

1-12  ROCK TO TRIPLE WHEEL 5 FC LOD~SHE GO, HE GO;;;; SHE GO, HE GO~LINK ROCK TO WALL;;; CHASSÉ ROLL;; CHASSÉ ROLL;;

   1-12  Repeat B meas 1-12;;;;;;

13-16  ROCK TO SCP, REC, KICK/BALL, CHANGE; THROWAWAY; SAILOR SHUFFLES;;

   13-14  (Rk rec kick/ball chg) Rk bk L to SCP, rec fwd R, kick L ft to LOD (W R ft)/cl L, cl R; [Throwaway] Sd & fwd L/R, L (W fwd R trng LF/L, bk R), sd R/L, R (W sd & bk L/R, L) to LOP-FCG/LOD;
   15-16  (Sailor shuffles) XLibR/sd R. sd L, XRibL/sd L, sd R; XLibR/sd R. sd L, XRibL/sd L, sd R;

   PART A 9-16

9-16  LINDY CATCH W/2 SWEETHEARTS;;; TO HANDSHAKE

   CHANGE L-R TO TANDEM MAN FC COH~CATAPULT TO HANDSHAKE;;; ROCK, REC, KICK/BALL, CHANGE;

   9-16  Repeat Part A meas 9-16 hndshk/COH;;;;

   PART B MOD

1-16  ROCK TO TRIPLE WHEEL 5 FC LOD~SHE GO, HE GO;;;; SHE GO, HE GO~LINK ROCK TO WALL;;; CHASSÉ ROLL;; CHASSÉ ROLL;; ROCK TO SCP, REC, KICK/BALL, CHANGE; THROWAWAY; SAILOR SHUFFLES;;

   1-16  w/start fcg COH instd of LOD repeat Part B mod meas 1-16 to LOP-FCG/LOD;;;;

   PART C

1-3  CHANGE L-R~AMERICAN SPIN BOTH SPIN;;; TO HANDSHAKE

   1-3  (Chg L-R) Rk bk L, rec R, fwd L/R, L trn ¼ RF to fc WALL (W fwd R/L,R trn ¾ LF undr jnd hnds); Sd R/L, R, (Am spin) Rk bk L, rec R; Sd L/R,L spin full trn LF(W spin RF), sd R/L,R to HNDSHK/WALL;
4-8  MIAMI SPECIAL~CHANGE HANDS BEHIND BACK;;; STOP&GO;;;

4-6  (Miami special) Rk bk L, rec R, fwd L/R, L trng RF ¾ und R hnds (W R/L, R trng LF 3/4) put jnd hnds on M’s neck; Slide apt R/L, R both fcg LOD, (Chg hnds bhd bk) XLibR, rec R to fc COH; Fwd L/R, L trn LF away fr ptr taking her L hnd w/ his R (W fwd R/L, R trn RF), compl trn bk R/L, R jng ld hnds to LOP-FCG/WALL;

7-8  (Stop&Go) Rk bk L, rec fwd R, fwd L/R, fwd L catch the Woman (W fwd R/L trng ½ LF und jnd ld hnds, bk R); Rk fwd R, rec L, bk R/L, R (W fwd R/L trng ½ LF; bk L) to LOP-FCG/WALL;

9-11  ROCK, REC, KICK/BALL, CHANGE [TO DOUBLE HANDHOLD]; NECK SLIDE TO LOD;;

9-11  (Rk rec kick/ball chg) Rk bk L, rec R, kick L ft fwd/cl L, cl R to dbl hndhold; (Neck slide) Rk bk L, rec R raise jnd hnds up over ptrs hd, fwd L/R, L (W fwd R/L, R); Release hndhold fwd R/L & wheel RF to fc LOD sldg R hnd down ptrs arm to R hndhold, fwd R/L, R trng ¼ to fc LOD;

12-16  CHANGE L-R TO TANDEM MAN FC COH~CATAPULT;;; SAILOR SHUFFLES;;

12-14  (Chg L-R) Rk bk L, rec R, fwd L/R, L trn ¼ LF to fc COH (W fwd R/L, R trn ¼ LF undr jnd hnds); sip R/L, R (W sip L/R, L) join L hnds to dbl handhold, (Catapult) rk fwd L, rec R; Sip L/R, L release R hnds (W fwd R/L trn ½ RF to fc ptr, spn RF on R), sip R/L, R (W sd L/R, L) to LOP-FCG/COH;

15-16  (Sailor shuffles) XLibR/sd R, sd L, XRibL/sd L, sd R; XLibR/sd R, sd L, XRibL/sd L, sd R;

ENDING

1-3  CHANGE L-R TO LOD~AMERICAN SPIN BOTH SPIN;;; ROCK APART & POINT

1-3  (Chg L-R) Rk bk L, rec R, fwd L/R, L trn ¼ RF to fc LOD (W fwd R/L, R trn ¾ LF undr jnd hnds); Sd R/L, R, (Am spin) Rk bk L, rec R; Sd L/R, L spn full trn LF (W spn RF), sd R/L, R
Rk apt & pt....