

# SLEEPYTIME TWOSTEP

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Record: Special Press CDN004 Sleepytime Foxtrot Ph 6 & House of Bamboo Ph 6  
Available from Choreographers or Palomino Records  
Internet: ac497@freenet.durham.org 2 Step/Foxtrot  
Sequence: INTRO - A - A - INTERLUDE - B - B - ENDING Phase 4

## INTRODUCTION

**1 - 4 OPEN FCG LOD WAIT;; LADY CIRCLE TO FACE; DIP BK & RECOVER;**  
1&2 - Op both fcg LOD L(L) free wait;;  
(QQS) 3 - Hold(W circle LF L,R,L,-)to CP LOD;  
SS 4 - Dip bk L,-,recov fwd R,-;

## PART A

**1 - 4 2 FWD TWOSTEPS;;SCISSORS SCAR;RECOVER SIDE FWD BJO;**  
QQS 1&2 - Fwd L, cl R, fwd L,-; Fwd R, cl L, fwd R,-;  
QQS 3 - Sd L, cl R, trng to SCAR fwd L DLW,-;  
QQS 4 - Recov bk R, sd L COH, fwd R to BJO DLC,-;

**5 - 8 DIAMOND TURN;;;**  
QQS 5 - Fwd L DLC blending to CP, trng LF sd & bk R, bk L to BJO fcg DRC,-;  
QQS 6 - Bk R blending to CP, trng LF sd & fwd L, fwd R to BJO fcg DRW;  
QQS 7 - Repeat Meas 5 to fce DLW;  
QQS 8 - Repeat Meas 6 to fce DLC;

**9 - 16 T/MARK SCP; THRU,FCE,CL,-; CALIFORNIA SCHOTTISCHE TWICE;;;**  
**QUICK VINE 4; PIVOT 2;**  
QQS 9 - Fwd L blending to CP, trng LF sd R DLC(heel trn), cont trn fwd L SCP DLW,-;  
QQS 10 - Through R DLW, trng to fce WALL sd L LOD, blend to Bfly cl R,-;  
SS 11 - Pt L fwd(pt R fwd),-, pt L sd LOD,-;  
QQS 12 - XLIB(XRIB), sd R RLOD, XLIF,-;  
SS 13 - Pt R fwd(pt L fwd),-, pt R sd RLOD,-;  
QQS 14 - XRIB(XLIB), sd L LOD, XRIF,-;  
QQQQ 15 - Sd L LOD, XRIB(XLIB), sd L, XRIF(XLIF);  
SS 16 - Blending to CP pivot RF L,-,R to fce DLC,-;

## REPEAT PART A

## INTERLUDE

**1 - 2 TWO LEFT TURNS;;**  
SQQ 1&2 - Fwd L CP DLC trng LF,-, sd R DLC, cl L in CP fcg RLOD;  
SQQ bk R trng LF,-, sd & fwd L DLW, cl R to CP DLW;

**PART B****1 - 8 HOVER SCP; FEATHER; TELEMARK SCP; IN & OUT RUNS;;; THRU & CHASSE BJO;**

- SQQ 1 - Fwd L DLW blending to CP,-, sd R DRW rising, rec L trng to SCP DLC;  
 SQQ 2 - Thru R(trng LF on L),-, fwd L, R to BJO DLC;  
 SQQ 3 - Fwd L blending to CP,-, trng LF sd R DLC(heel trn), cont trn fwd L SCP DLW;  
 SQQ 4 - Thru R trng RF,-,sd L WALL(fwd R between M's feet),bk L LOD slight BJO;  
 SQQ 5 - Bk L in BJO,-, trng RF fwd R between W's feet, fwd L trng W to SCP LOD;  
 SQQ 6 - Repeat Meas 4 Part B;  
 SQQ 7 - Repeat Meas 5 Part B;  
 SQ&Q 8 - Thru R(trng LF on L),-, sd & fwd L/cl R, fwd L to BJO DLW;

**9 - 12 CROSS PIVOT SCAR; CROSS HOVER SCP; WEAVE(SQQ;SQQ);;**

- SQQ 9 - Fwd R trng RF,-, sd L WALL(fwd R between M's feet), cont trn fwd R to SCAR;  
 SQQ 10 - Fwd L LOD in SCAR,-, blend to CP fwd R between W's feet, fwd L to SCP DLC;  
 SQQ 11 - Thru R(trng LF on L),-, fwd L trng LF, sd & bk R LOD to BJO;  
 SQQ 12 - Bk L in BJO,-, bk R to CP trng LF, sd & fwd L to BJO DLW;

**13 - 16 MANUV SIDE CLOSE;SPIN TURN;BACK SIDE CHECK FWD; FISHTAIL;**

- SQQ 13 - Fwd R in BJO,-, trng RF sd L DLW, cl R to CP fcg RLOD;  
 SQQ 14 - Bk L trng RF,-, fwd R heel to toe between W's feet LOD, sd & bk L DRC;  
 SQQ 15 - Bk R,-, sd & fwd L DLC, fwd R in BJO DLC checking;  
 QQQQ 16 - XLIB(XRIF), sd R WALL trng RF, fwd L DLW, lk RIB(LIF);

**REPEAT PART B****ENDING****1 - 5 WHISK;THRU SIDE CLOSE(BFLY);  
RK SD,RECOV,CROSS,RK SD;RECOV,CROSS,SD,CL;;  
APART/POINT;**

- SQQ 1 - Fwd L Blending to CP DLW,-, sd R, XLIB(XRIB)trng to SCP LOD;  
 SQQ 2 - Thru R,-, trng to fce WALL sd L, cl R to BFLY WALL;  
 QQQQ 3 - (All Q's) Rk sd L LOD, recov R, XLIF(XRIF), Rk sd R RLOD;  
 QQQQ 4 - Recov L, XRIF(XLIF), sd L LOD, cl R;  
 SS 5 - Apart L pt R fwd twd Ptr & WALL;