

How Do You Sleep



Song	Sleep At Night	Artist	The Chicks		Album	iTunes Single	
Level	Easy Intermediate	Type	Line Dance	Beats	32	Walls	4
Other Information	Begin dance on lyrics 16 beats in, no tags/restarts						
Choreographed by	Tim Gauci, BROKEN HILL NSW 2880			Date	July 2020		

Beats	Step Description	
1-8	FWD, TOUCH, BACK, HEEL, TOG, SCUFF, STEP, FWD, ROCK, ½ SHUFFLE	
12&3&4&	Step R fwd, touch L next to R, step L slightly back (&), touch R heel fwd, step R tog (&), scuff L heel fwd, step L fwd (&)	12:00
567&8	Step R fwd, rock weight back onto L, making ¼ turn R step R to R, step L next to R (&), making ¼ turn R step R fwd	6:00
9-16	¼, TOUCH, SIDE, TOUCH, BACK, HEEL, TOG, SCUFF, STEP, FWD, ROCK, ¼ SIDE SHUFFLE	
&1&2&3&4 &	Making ¼ turn L step L to L (&), touch R next to L, step R to R (&), touch L next to R, step L slightly back (&), touch R heel fwd, step R tog (&), scuff L heel fwd, step L fwd (&)	9:00
567&8	Step R fwd, rock weight back onto L, making ¼ turn R step R to R, step L next to R (&), step R to R	12:00
17-24	CROSS, SIDE, HEEL, TOG, TOUCH, SIDE, HEEL, TOG, CROSS, SIDE, HEEL, TOG, TOUCH, SIDE, HEEL, TOG	
1&2&3&4&	Cross L over R, step R to slightly to R (&), touch L heel to L45, step L tog (&), touch R next to L, step R to slightly to R (&), touch L heel to L45, step L tog (&)	12:00
5&6&7&8&	Cross R over L, step L to slightly to L (&), touch R heel to R45, step R tog (&), touch L next to R, step L to slightly to L (&), touch R heel to R45, step R tog (&)	12:00
25-32	CROSS SHUFFLE, SIDE, ROCK ¼, SASSY WALK R, SASSY WALK L, FWD, PIVOT/POP, TOG	
1&234	Cross shuffle L over R (LRL), step R to R, rock weight onto L making ¼ turn L	9:00
5678&	Step R fwd and slightly over L, step L fwd and slightly over R, step R fwd, pivot ½ turn L keeping weight on R raising L heel and clicking fingers at waist height, step L tog (&)	3:00
32 Beats	Repeat dance in new direction	

Finish – dance up to beat 32, making ¼ turn to R facing 12:00, stomp R to R.

Enjoy ☺

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