

# Sleepsong

Choreographers: Andrea Hilpert and Alexander Pohl, Pasteurweg 11, 70565 Stuttgart, Germany, [AndreaHilpert@gmx.net](mailto:AndreaHilpert@gmx.net)  
Music: Secret Garden Title: Sleepsong  
CD: Earthsongs or as Download, Start at 0:23 fade out at 4:12  
Rhythm/Phase: **Waltz Ph: IV**  
Sequence: **Intro-A-Inter-B-A\*-C-C\*-Inter2-B-A\*-C\*-End**  
Difficulty: Average  
Version: 1.0 July 2013

## Intro

- 1-4 WAIT; MANUV; SPIN TRN; BOX FINISH:**  
{**Wait**} Dip back position trail free M FCG ptr & WALL;  
{**Manuv**} Trng RF fwd R in frnt of W, sd L continue trn, cl R to CP RLOD;  
{**Spin trn**} Bk L piv ½ RF, fwd R between W ft heel to toe continue trn, rec L to CP DLW (W fwd R between M ft pivot ½ RF, bk L cont trn brush R to L, fwd R);  
{**Box finish**} Bk R, sd L trng ¼ LF, cl R to CP DLC;
- 5-8 OP TELEMARK; IN & OUT RUNS;; THRU FACE CLOSE:**  
{**Op tele**} Fwd L start to trn LF, sd R continue trn, sd & fwd L (W bk R start to trn LF bring L beside R no weight, trn LF on R heel & chg wgt to L, sd & fwd R) to SCP DLW;  
{**In & out runs**} Trn RF fwd R, sd & bk L iF of W to CP RLOD, bk R (W fwd L, fwd R between M's ft, fwd L) to BJO RLOD; trn RF bk L, continue trn fwd R between W's ft, sd & fwd L (W trn RF fwd R, continue trn sd L iF of M, continue trn brush R to L & step fwd & sd R) to SCP LOD;  
{**Thru face close**} Thru R, trng to fc sd L, cl R to CP WALL;

## Part A

- 1-4 HOVER; THRU SEMI CHASSE; WHIPLASH TO BJO; OUTSIDE SWIVEL:**  
{**Hov**} Fwd L, fwd & sd R to ball of ft, rec L to SCP LOD;  
{**Thru semi chasse**} Thru R, fwd & sd L/cl R, fwd L to SCP;  
{**Whiplash**} Thru R, turn body RF point L (W thru L, swiv LF on L, point R to sd) to BJO DLW;  
{**Outsd swiv**} Back L in CBMP, cross R iF of L with no weight (W fwd R in CBMP, swiv RF on ball of R foot end in SCP), -;
- 5-8 CHAIR REC SD BFLY; THRU CHASSE RLOD; CHAIR REC SD; THRU FACE CLOSE:**  
{**Chair rec sd**} Ck thru R w/ lunge action, rec L, sd R to BFLY WALL;  
{**Thru chasse RLOD**} Thru L, fwd & sd R/cl L, fwd R to BFLY looking RLOD;  
{**Chair rec sd**} Ck thru L w/ lunge action, rec R, sd L to BFLY WALL;  
{**Thru face close**} Thru R, fwd & sd L, cl R to BFLY WALL;

## Inter

- 1-4 SOLO TURN IN 6;; CANTER:**  
{**Solo turn in 6**} Fwd L commence LF trn away from partner, continue trn sd R, cl L to fc RLOD; bk R commence LF trn, continue trn sd L, cl R to BFLY;  
{**Canter**} Sd L, draw R to L, cl R;

## Part B

- 1-4 STEP SWING; SPIN MANUV; SPIN TRN; BOX FIN:**  
{**Step swing**} Fwd L to OP, swing R thru, -;  
{**Spin manuv**} Fwd R commence RF upper body trn, contg RF trn to sd L, cl R; (W L fc spin in place L, R, L) to CP RLOD;  
{**Spin Turn; Box Fin**} Repeat Measures 3-4 of Intro;;
- 5-8 OPEN TELEMARK; IN & OUT RUNS;; THRU FC CL:**  
Repeat Measure 5-8 of Intro;;;

## Part A\*

Repeat Measure 1-7 of Part A;;; ;;;

- 8-9 **THRU SEMI CHASSE; PICKUP;**  
{Thru Semi Chasse} Repeat Meas 2 of Part A;  
{Pickup} Sm fwd R, sd L, cl R (W trng LF fwd L if of M, sd R, cl L) to CP DLC;

## Part C

- 1-4 **DIAM TRN ½;; QK DIAM TRN 4; STEP BACK LADY DEVELOPE;**  
{Diam trn ½} Fwd L, trng ¼ LF sd R, bk L to BJO DRC; bk R trng ¼ LF sd L, fwd R to BJO DRW;  
{Qk diam trn 4} Fwd L, trng ¼ LF sd R/bk L, bk R to BJO DLW;  
{Step bk Lady developpe} Bk L checkg,-,- (W fwd R, bring L foot up, extend L foot forward);
- 5-8 **FWD CHASSE BJO; MANUV; SPIN TRN; BOX FINISH;**  
{Fwd chasse BJO} fwd R to fc, sd L/cl R, sd L to BJO DLW;  
{Manuv; Spin Turn; Box Fin} Repeat Meas 2-4 of Intro;;
- 9-12 **2 LEFT TRNS;; HOVER; THRU SEMI CHASSE;**  
{2 L trns} Fwd L start LF trn, sd R continue trn, cl L; start LF trn bk R, sd L continue LF trn, cl R to CP WALL;  
{Hover; Thru semi chasse;} Repeat Measure 1 and 2 of Part A;;
- 13-15 **HOVER FALLAWAY; BACK BOTH DEVELOPE; PICKUP;**  
{Hover fallaway} Thru R, fwd L rise & chck, rec R;  
{Back both developpe} In SCP bk L, bring R foot up, extend R foot forward;  
{Pick Up} Repeat Measure 9 of Part A\*

## Part C\*

Repeat Meas 1-12 of PART C;;; ;;; ;;; repeat Meas 12 of PART C; repeat Meas 13-15 of Part C;;;

## Inter2

- 1-4 **DIAM TRN;;;;**  
{Diam trn} Fwd L, trng ¼ LF sd R, bk L to BJO DRC; bk R trng ¼ LF, sd L, fwd R to BJO DRW;  
Fwd L, trng ¼ LF sd R, bk L to BJO DLW; bk R trng ¼ LF, sd L, fwd R to BJO DLC;

## Part B

## Part A\*

## Part C\*

## End

- 1-4 **DIAM TRN ¾;;; ½ BOX BACK; CANTER; DIP BACK;**  
{Diam trn ¾} Repeat Measures 1-3 of Inter2;;  
{½ box back} Back R, sd L, cl R to CP DLW;  
{Canter} Sd L, draw R to L, cl R;  
{Dip back} Bk L, hold, -;