

WHO'S BEEN SLEEPING????

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MUSIC:

Song: Who's been sleeping in my bed

Artist: Glenn Frey

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Music Media CD "Glenn Frey Solo Collection"

Source: Track 2

Available at Amazon

Music Modified: No

BPM: 28 **TIME @ 28BPM** 3:58

Same as:

FOOTWORK: Opposite unless indicated, Woman's footwork in parenthesis

RHYTHM: Slow Jive

RAL PHASE: V

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 **DOUBLE CUBANS;; KICK/BALL, CHANGE TWICE; JIVE CHASSÉ;**
5-6 {Double Cubans} XLifR/rec R (W XRifL/rec L), sd L/rec R, XLifR/rec R(W XRifL/rec L), sd L;
XRifL/rec L (W XLifR/rec R), sd R/rec L, XRifL/rec L (W XLifR/rec R), 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 **FLICKS INTO BREAKS;;;;**
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 **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 R/L trng ½ LF und jnd
ld 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 **LINDY CATCH W/2 SWEETHEARTS;;;;; TO HANDSHAKE**
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 **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 ROCK TO TRIPLE WHEEL 5 FC LOD~SHE GO, HE GO;;;;;**
 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);
 3-5 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); {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;
- 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-RL0D;
 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 spn full trn LF(W spn 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 L/R trng ½ RF, 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 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 (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....