

# ***SAND IN THE BED***

<b>MUSIC</b>	<i><b>SONG: SAND IN THE BED.</b></i>	
<b>ARTIST</b>	<i><b>ARTIST: HUDSON MOORE.</b></i>	
<b>CHOREOGRAPHER</b>	<i><b>DARREN MITCHELL SEPTEMBER 2017</b></i>	
<b>BEATS</b>	<b>DESCRIPTION</b>	<b>32 Count 4 Wall Intermediate Dance (Intro: 32 counts)</b>
<p>1,2&amp; 3,4&amp; 5&amp;6 7&amp;8p</p> <p>1,2&amp; 3,4&amp;* 5,6 7&amp;8**</p> <p>1,2&amp; 3,4&amp; 5,6 7&amp;8</p> <p>1,2 3&amp;4 5,6 7&amp;8 &amp;</p> <p>32</p> <p>1,2,3,4</p>	<p><b>FORWARD, BACK- ½ TURN, FORWARD, BACK- ¼ TURN, STEP-LOCK-STEP, FORWARD, BACK- ¼ TURN</b>            Step right forward, rock back onto left, turn ½ turn right step right forward,            Step left forward, rock back onto right, turn ¼ turn left step left forward,            Step right forward, lock left behind right, step right forward,            Step left forward, rock back onto right, turn ¼ turn left step left to the side.   <b>(12:00)</b></p> <p><b>ACROSS-BACK, SIDE, ACROSS-BACK, SIDE, CROSS, UNWIND ½ TURN, COASTER STEP</b>            Step right across in front of left, rock back onto left, step right to the side,            Step left across in front of right, rock back onto right, step left to the side,            Step right across in front of left, unwind ½ turn left take weight onto right,            Coaster Step: step left back, step right together, step left forward.   <b>(6:00)</b></p> <p><b>DOROTHY STEP, DOROTHY STEP, FORWARD, FORWARD, COASTER FORWARD</b>            Step right forward, lock left behind right, step right together,            Step left forward, lock right behind left, step left together,            Step right forward, step left forward,            Coaster forward: step right forward, step left together, step right back.   <b>(6:00)</b></p> <p><b>SWEEP, SWEEP, BEHIND-SIDE-ACROSS, SIDE, ¼ TURN, FULL TURN-TOGETHER</b>            Sweep left back, sweep right back,            Step left behind right, step right to the side, step left across in front of right,            Step right to the side, turning ¼ turn left step left forward,            Turning ½ turn left step right back, turning ½ turn left step left forward, step right forward,            Step left together.   <b>(3:00)</b></p> <p><b>REPEAT</b></p> <p><i><b>Restarts:</b></i>  <i><b>On walls 2&amp;6 dance to count 12&amp;*, then restart the dance from the beginning.</b></i>  <i><b>On walls 4&amp;5 dance to count 16**, then restart the dance from the beginning.</b></i></p> <p><i><b>Tag:</b></i>  <i><b>At the end of wall 8, add the following 4 count tag then restart dance from the beginning.</b></i>  <i><b>Step right to the side pushing hips right, push hips left, push hips right, push hips left.</b></i></p>	