

SLEEPING CHILD

Released: July 2024
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Music: Sleeping Child (2002 Remaster) Artist: Michael Learns to Rock Album: 19 Love Ballads, Track 3
Available as a single download from Amazon.com or Apple iTunes
Time/Speed: Time @ RPM: 3:34 @ 45 = 23.5 MPM [93 BPM] as downloaded
Footwork: Opposite unless indicated (Woman's footwork in parentheses)
Timing, QQS unless indicated, reflects actual weight changes
Rhythm/Phase: **Rumba Phase 4+2 [Sweetheart, Single Cuban]**
Degree of Difficulty: AVG
Sequence: Intro A1 B1 A2 B2 C D End

MEAS:

INTRODUCTION

1-4 BFLY MAN FACING WALL LEAD FEET FREE WAIT ; WAIT ; 1/2 BASIC ; THRU SERPIENTE ;

- 1-2 Wait ; Wait ;
3 {1/2 BAS} Fwd L, rec R, sd L, - (*W Bk R, rec L, sd R, -*) BFLY WALL ;
4 {THRU SERP} Thru R, sd L, bhd R, fan L counterclockwise (*W Thru L, sd R, bhd L, fan R clockwise*) ;

5-6 : FENCE LINE WITH CHA ;

- 5 Bhd L, sd R, thru L, fan R counterclockwise (*W Bhd R, sd L, thru R, fan L clockwise*) BFLY WALL ;
1 2 3&4 6 {FNC LINE W/ CHA} Lun thru R w/ bent knee looking twd LOD, rec L trng to fc ptr, sd R/cl L, sd R (*W Lun thru L w/ bent knee looking twd LOD, rec R trng to fc ptr, sd L/cl R, sd L*) BFLY WALL ;

PART A 1

1-4 ALEMANA ; TO HANDSHAKE ; TRADE PLACES TWICE ; LEAD HANDS ;

- 1 {ALEMANA TO HNDSHK} Fwd L, rec R, cl L raising joined lead hands palm to palm, - (*W Bk R, rec L, fwd R twd M toeing out, -*) ;
2 Bk R, rec L, sd R blending to HNDSHK, - (*W Fwd L trng RF under joined lead hands brushing R to L, fwd R twd DRW trn RF to fc M, fwd L to M's R sd blending to HNDSHK COH, -*) HNDSHK WALL ;
3 {TRADE PLCS} Rk apt L, rec R trng 1/4 RF bhd W releasing jnd R hnds to momentary TANDEM RLOD, trng 1/4 RF to fc ptr sd & bk L end fcg COH L hnds jnd, - (*W Rk apt R, rec L trng 1/4 LF in front of M releasing jnd R hnds to momentary TANDEM RLOD, trng 1/4 LF to fc ptr sd & bk R end fcg WALL L hnds jnd, -*) L HNDSHK COH ;
4 {TRADE PLCS TO LEAD HND} Rk apt R, rec L trng 1/4 LF bhd W releasing jnd L hnds to momentary TANDEM RLOD, trng 1/4 LF to fc ptr sd & bk R joining lead hnds, - (*W Rk apt L, rec R trng 1/4 RF in front of M releasing jnd L hnds to momentary TANDEM RLOD, trng 1/4 RF to fc ptr sd & bk L joining lead hnds, -*) LOP-FCG WALL ;

5-8 OPEN BREAK TO BJO BOLERO RLOD ; WHEEL 3 LADY SWIVEL TO 1/2 OP LOD ; PROGRESSIVE WALK 3 ; MANEUVER PIVOT 2 TO LOD LADY RONDE ;

- 5 {OP BRK BJO BL RLOD} Bk L, rec R, fwd L trng to BJO BL RLOD, plc W's R hnd on M's L shldr & extend L arm out to sd (*W Bk R, rec L, fwd R trng RF 1/4 to BJO BL LOD, plc R hnd on M's L shldr & extend L arm out to sd*) BJO BL RLOD ;
6 {WHL 3 LADY SWVL TO 1/2 OP LOD} Fwd R begin RF wheel, fwd L cont wheel, fwd R to fc LOD, - (*W Fwd L begin RF wheel, fwd R cont wheel, fwd L swiveling RF to end fcg 1/2 OP LOD, -*) 1/2 OP LOD ;
7 {PROG WLK 3} Fwd L, fwd R, fwd L, - (*W Fwd R, fwd L, fwd R, -*) 1/2 OP LOD ;
8 {MANUV PVT 2 TO LOD LADY RONDE} Fwd R trng RF to fc CP RLOD, bk L pivoting RF to COH, fwd R pivoting RF to LOD flexing knee to lead W to ronde RF, - (*W Fwd to CP LOD, fwd R pivoting RF to WALL, bk L pivoting RF to RLOD & ronde swiveling RF to SCP LOD, -*) SCP LOD ;

9-12 BACK FACE CLOSE LOW BFLY ; FAN ; START A HOCKEY STICK TO TANDEM ; ALTERNATIVE BASIC TO FAN ;

- 9 {BK FC CL LOW BFLY} Bk L trng RF to fc ptr & WALL, sd R, cl L blending to Low BFLY WALL, - (*W Bk R trng LF to fc ptr & COH, sd L, cl R blending to Low BFLY COH, -*) LOW BFLY WALL ;
10 {FAN} Bk R leading lady fwd, rec L, sd R, - (*W Fwd L, rec R trng LF 1/4 to fc RLOD, bk L leaving R extended fwd w/ no wgt, -*) FAN POS M FCG DLW ;
11 {START HKY STK TANDEM} Fwd L, rec R, slight sd L to TANDEM WALL, - (*W Cl R, fwd L, fwd R trng LF 1/4 to fc WALL, -*) TANDEM WALL ;
12 {ALTERNATIVE BAS TO FAN} Cl R, stp in plc L, sd R trng slightly to DLW leading W to FAN pos, - (*W Cl L, stp in plc R, strong sd L trng RF 1/4 to FAN pos leaving R foot pointed to RLOD, -*) FAN M FCG DLW ;

13-16 HOCKEY STICK ; OVERTURNED TO WALL ; CHASE WITH UNDERARM PASS COH BFLY ; ;

- 13 {HKY STK OVRTRND TO WALL} Fwd L, rec R, cl L raise lead hnds in front of W, - (*W Cl R to L, fwd L, fwd R trng 1/8 LF, -*) ;
- 14 Bk R, rec L, fwd & sd R to fc WALL, - (*W Fwd L, fwd R trng LF 1/2 undr joined lead hnds to fc ptr, sd & bk L to LOP-FCG COH, -*) LOP-FCG WALL ;
- 15 {CHS W/ UNDRM PASS} Keeping lead hnds jnd fwd L trng 1/2 RF to COH, rec fwd R, fwd L, - (*W Keeping lead hnds jnd bk R, rec L, fwd R twd M's L sd, -*) ;
- 16 Bk R raising jnd lead hnds, rec L, sd R, - (*W Fwd L, fwd R trng 1/2 LF undr jnd lead hnds to fc ptr, sd L, -*) BFLY COH ;

PART B 1**1-4 CRAB WALK 3 BOTH UNWIND TO RLOD ; AIDA ; SWITCH CROSS TO BFLY ; SIDE WALK 3 ;**

- 1 {CRB WLK 3 BOTH UNWIND RLOD} Toward LOD XLif of R, sd R, XLif of R hooking, on ball of L swvl RF 3/4 to fc RLOD (*W Toward LOD XRif of L, sd L, XRif of L hooking, on ball of R swvl LF 3/4 to fc RLOD*) OP RLOD ;
- 2 {AIDA} Fwd R trng RF, sd L cont RF trn, bk R, - (*W Fwd L trng LF, sd R cont LF trn, bk L, -*) V Bk-bk Pos LOD ;
- 3 {SWCH X TO BFLY} Trng LF bringing jnd lead hnds thru to fc ptr sd L ckg, rec R, XLif end BFLY COH, - (*W Trng RF bringing jnd lead hnds thru to fc ptr sd R ckg, rec L, XRif end BFLY WALL, -*) BFLY COH ;
- 4 {SD WLK 3} Sd R, cl L, sd R end BFLY COH, - (*W Sd L, cl R, sd L end BFLY WALL, -*) BFLY COH ;

5-8 SHOULDER TO SHOULDER TWICE ; TO SCAR DLC ; FORWARD CHECKING LADY DEVELOPE ; BACK SIDE CLOSE BFLY COH ;

- 5 {SHLDR-SHLDR} Fwd L to BFLY SCAR, rec R to fc, sd L, - (*W Bk R to BFLY SCAR, rec L to fc, sd R, -*) BFLY COH ;
- 6 {SHLDR-SHLDR} Fwd R to BFLY BJO, rec R to fc, sd L, rotate slightly to BFLY SCAR DLC (*W Bk L to BFLY BJO, rec R to fc, sd L, rotate slightly to BFLY SCAR DRW*) BFLY SCAR DLC ;
- 7 {FWD CKG LADY DEVELOPE} Fwd L outsd ptr ckg, -, -, - (*W Bk R, bring L foot to outsd of R leg, bend L knee & raise L foot from ankle to knee of R leg, extend L foot fwd keeping L toe pointed down*) BFLY SCAR DLC ;
- 8 {BK SD CL BFLY COH} Bk R trng to fc COH, sd L, cl R end BFLY COH, - (*W Fwd L trng to fc WALL, sd R, cl L end BFLY WALL, -*) BFLY COH ;

PART A 2 [Same figures as A1 – but starts facing COH]**1-4 ALEMANA ; TO HANDSHAKE ; TRADE PLACES TWICE ; LEAD HANDS ;**

- 1 {ALEMANA TO HNDSHK} Fwd L, rec R, cl L raising joined lead hands palm to palm, - (*W Bk R, rec L, fwd R twd M toeing out, -*)
- 2 Bk R, rec L, sd R blending to HNDSHK, - (*W Fwd L trng RF under joined lead hands brushing R to L, fwd R twd DLC trn RF to fc M, fwd L to M's R sd blending to HNDSHK WALL, -*) HNDSHK COH ;
- 3 {TRADE PLCS} Rk apt L, rec R trng 1/4 RF bhd W releasing jnd R hnds to momentary TANDEM LOD, trng 1/4 RF to fc ptr sd & bk L end fcg COH L hnds jnd, - (*W Rk apt R, rec L trng 1/4 LF in front of M releasing jnd R hnds to momentary TANDEM LOD, trng 1/4 LF to fc ptr sd & bk R end fcg COH L hnds jnd, -*) L HNDSHK WALL ;
- 4 {TRADE PLCS TO LEAD HND} Rk apt R, rec L trng 1/4 LF bhd W releasing jnd L hnds to momentary TANDEM LOD, trng 1/4 LF to fc ptr sd & bk R joining lead hnds, - (*W Rk apt L, rec R trng 1/4 RF in front of M releasing jnd L hnds to momentary TANDEM LOD, trng 1/4 RF to fc ptr sd & bk L joining lead hnds, -*) LOP-FCG COH ;

5-8 OPEN BREAK TO BJO BOLERO LOD ; WHEEL 3 LADY SWIVEL TO 1/2 OP RLOD ; PROGRESSIVE WALK 3 ; MANEUVER PIVOT 2 TO RLOD LADY RONDE ;

- 5 {OP BRK BJO BL LOD} Bk L, rec R, fwd L trng to BJO BL LOD, plc W's R hnd on M's L shldr & extend L arm out to sd (*W Bk R, rec L, fwd R trng RF 1/4 to BJO BL RLOD, plc R hnd on M's L shldr & extend L arm out to sd*) BJO BL LOD ;
- 6 {WHL 3 LADY SWVL TO 1/2 OP RLOD} Fwd R begin RF wheel, fwd L cont wheel, fwd R blend to 1/2 OP RLOD, - (*W Fwd L begin RF wheel, fwd R cont wheel, fwd L swiveling RF to end fcg 1/2 OP RLOD, -*) 1/2 OP RLOD ;
- 7 {PROG WLK 3} Fwd L, fwd R, fwd L, - (*W Fwd R, fwd L, fwd R, -*) 1/2 OP RLOD ;
- 8 {MANUV PVT 2 TO RLOD LADY RONDE} Fwd R trng RF to fc CP LOD, bk L pivoting RF to WALL, fwd R pivoting RF to RLOD flexing knee to lead W to ronde RF, - (*W Fwd to CP RLOD, fwd R pivoting RF to COH, bk L pivoting RF to LOD & ronde swiveling RF to SCP RLOD, -*) SCP RLOD ;

- 9-12** **BACK FACE CLOSE LOW BFLY ; FAN ; START A HOCKEY STICK TO TANDEM ; ALTERNATIVE BASIC TO FAN ;**
- 9 {BK FC CL LOW BFLY} Bk L trng RF to fc ptr & COH, sd R, cl L blending to Low BFLY COH, - (*W Bk R trng LF to fc ptr & WALL, sd L, cl R blending to Low BFLY WALL, -*) LOW BFLY COH ;
- 10 {FAN} Bk R leading lady fwd, rec L, sd R, - (*W Fwd L, rec R trng LF 1/4 to fc LOD, bk L leaving R extended fwd w/ no wgt, -*) FAN POS M FCG DRC ;
- 11 {START HKY STK TANDEM} Fwd L, rec R, slight sd L to TANDEM COH, - (*W Cl R, fwd L, fwd R trng LF 1/4 to fc COH, -*) TANDEM COH ;
- 12 {ALTERNATIVE BAS TO FAN} Cl R, stp in plc L, sd R trng slightly to DRC leading W to FAN pos, - (*W Cl L, stp in plc R, strong sd L trng RF 1/4 to FAN pos leaving R foot pointed to LOD, -*) FAN M FCG DRC ;

- 13-16** **HOCKEY STICK ; OVERTURNED TO COH ; CHASE WITH UNDERARM PASS TO WALL BFLY ; ;**
- 13 {HKY STK OVRTRND TO COH} Fwd L, rec R, cl L raise lead hnds in front of W, - (*W Cl R to L, fwd L, fwd R trn 1/8 LF, -*) ;
- 14 Bk R, rec L, fwd & sd R to fc COH, - (*W Fwd L, fwd R trng LF 1/2 undr joined lead hnds to fc ptr, sd & bk L to LOP-FCG WALL, -*) LOP-FCG COH ;
- 15 {CHS W/ UNDRM PASS} Keeping lead hnds jnd fwd L trng 1/2 RF to WALL, rec fwd R, fwd L, - (*W Keeping lead hnds jnd bk R, rec L, fwd R twd M's L sd, -*) ;
- 16 Bk R raising jnd lead hnds, rec L, sd R to BFLY WALL, - (*W Fwd L, fwd R trng 1/2 LF undr jnd lead hnds to fc ptr, sd L to BFLY COH, -*) BFLY WALL ;

PART B 2 [Same figures as B1 – but starts facing WALL]

- 1-4** **CRAB WALK 3 BOTH UNWIND TO LOD ; AIDA ; SWITCH CROSS TO BFLY ; SIDE WALK 3 ;**
- 1 {CRB WLK 3 BOTH UNWIND RLOD} Toward RLOD XLif of R, sd R, XLif of R hooking, on ball of L swvl RF 3/4 to fc LOD (*W Toward RLOD XRif of L, sd L, XRif of L hooking, on ball of R swvl LF 3/4 to fc LOD*) OP LOD ;
- 2 {AIDA} Fwd R trng RF, sd L cont RF trn, bk R, - (*W Fwd L trng LF, sd R cont LF trn, bk L, -*) V Bk-bk Pos RLOD ;
- 3 {SWCH X TO BFLY} Trng LF bringing jnd lead hnds thru to fc ptr sd L ckg, rec R, XLif end BFLY WALL, - (*W Trng RF bringing jnd lead hnds thru to fc ptr sd R ckg, rec L, XRif end BFLY COH, -*) BFLY WALL ;
- 4 {SD WLK 3} Toward RLOD sd R, cl L, sd R, - (*W Toward RLOD sd L, cl R, sd L BFLY COH, -*) BFLY WALL ;
- 5-8** **SHOULDER TO SHOULDER TWICE ; TO SCAR DRW ; FORWARD CHECKING LADY DEVELOPE ; BACK CLOSE SIDE TO WALL HANDSHAKE ;**
- 5 {SHLDR-SHLDR} Fwd L to BFLY SCAR, rec R to fc, sd L, - (*W Bk R to BFLY SCAR, rec L to fc, sd R, -*) BFLY WALL ;
- 6 {SHLDR-SHLDR TO DRW} Fwd R to BFLY BJO, rec R to fc, sd L, rotate slightly to BFLY SCAR DRW (*W Bk L to BFLY BJO, rec R to fc, sd L, rotate slightly to SCAR DLC*) BFLY SCAR DRW ;
- 7 {FWD CKG LADY DEVELOPE} Fwd L outsd ptr ckg, -, -, - (*W Bk R, bring L foot to outsd of R leg, bend L knee & raise L foot from ankle to knee of R leg, extend L foot fwd keeping L toe pointed down*) BFLY SCAR DRW ;
- 8 {BK CL SD TO WALL HNDSHK} Bk R trng to fc WALL, cl L to R, sd R blending to HNDSHK WALL, - (*W Fwd L trng to fc COH, cl R to L, sd L blending to HNDSHK COH, -*) HNDSHK WALL ;

PART C

- 1-4** **SHADOW NEW YORKER TO STACKED HANDS RIGHT ON TOP ; CROSS HAND UNDERARM TURN ; START A FLIRT TO VARSOUVIENNE ; SWEATHEART TWICE ;**
- 1 {SHDW NY STACKED HNDS R ON TOP} Keep HNDSHK throughout swvl on R bringing L foot thru w/ straight leg to a sd by sd pos [**Note:** Extend L arm bhd ptr], rec R swvl to fc ptr, sd L join L hnds under R hnds, - (*W Keep HNDSHK throughout swvl on L bringing R foot thru w/ straight leg to a sd by sd pos [Note: Extend L arm to sd], rec L swvl to fc ptr, sd R join L hnds under R to stacked hnds R on top, -*) STACKED HNDS R ON TOP WALL ;
- 2 {X HND UNDRM TRN} Keep both hands jnd throughout XRib raising jnd R hands to lead W RF trn under, rec L raising jnd L hands leading W cont RF trn under, sd R, - (*W XLif begin trng RF under jnd R hands, rec R cont RF trn under jnd L hands to fc ptr, sd L, -*) STACKED HNDS L ON TOP WALL ;
- 3 {START FLIRT TO VARS} Keep both hands jnd fwd L, rec R raising jnd L hands, sd L leading W to trn LF 1/2 trn under jnd L hands, - (*W Bk R, rec L begin LF trn, fwd R complete 1/2 LF trn under jnd L hnds to VARS WALL, -*) VARSOUVIENNE WALL ;
- 4 {SWHRT} Keeping dbl handhold ck fwd R with contra action [L sd lead] looking at ptr while raising jnd R hands and keeping jnd L hands low, rec L, sd R behind W, - (*W Ck bk L shaping to ptr, rec R, sd L to M's L sd to L VARS WALL, -*) L VARSOUVIENNE WALL ;

- 5-8** **2ND ONE LADY FACE MAN BFLY ; THRU SERPIENTE ; ; SPOT TURN BOTH RONDE TO OPEN LOD ;**
- 5 {SWHRT LADY FC M BFLY} Keep dbl handhold ck fwd L w/ contra action [R sd lead] looking at ptr while raising jnd L hands and keeping jnd R hands low, rec R releasing L hands, small sd L leading W to swvl RF to fc ptr to BFLY WALL, - (*W Ck bk R shaping to ptr, rec L, small fwd R swvl RF 1/2 to fc M & BFLY COH, -*) BFLY WALL ;
- 6 {THRU SERP} Thru R, sd L, bhd R, fan L counterclockwise (*W Thru L, sd R, bhd L, fan R clockwise*) ;
- 7 Bhd L, sd R, thru L, fan R counterclockwise (*W Bhd R, sd L, thru R, fan L clockwise to BFLY COH*) BFLY WALL ;
- 8 {SPT TRN BOTH RONDE OP LOD} Swvlg LF on ball of L stp fwd R to LOD trng LF, rec L trng LF to fc ptr, sd R trng LF 1/4 join trail hnds & Ronde L foot counterclockwise to OP LOD, - (*W Swvlg RF on ball of R stp fwd L to LOD trng RF, rec R trng RF to fc ptr, sd L trng RF 1/4 join trail hnds & Ronde R foot clockwise to OP LOD, -*) OP LOD ;
- 9-10** **BACK SIDE DRAW TO BFLY ; SINGLE CUBAN ;**
- 9 {BK SD DRAW BFLY} Bk L trng RF to fc ptr, sd R, draw L to R blend to BFLY WALL, - (*W Bk R trng LF to fc ptr, sd L, draw R to L blend to BFLY COH, -*) BFLY WALL ;
- 1&2 3&4 10 {SGL CUBAN} XLif/rec R, sd L, XRif/rec L, sd R (*W XRif/rec L, sd R, XLif/rec R, sd L*) BFLY WALL ;

PART D

- 1-4** **[TO RLOD] CRAB WALK 3 BOTH UNWIND TO LOD ; AIDA ; SWITCH CROSS TO BFLY ; SIDE WALK 3 ;**
- 1-4 Same as Part B2 meas 1-4 ; ; ; ;
- 5-8** **OPEN BREAK TO WRAPPED RLOD ; WHEEL 3 TO LOD ; TWIRL 3 TO BFLY ; FENCE LINE ;**
- 5 {OP BRK TO WRPD RLOD} Bk L, rec R to BFLY, fwd & sd L raising lead hnds, lead W to trn LF undr jnd lead hnds to WRPD RLOD (*W Bk R, rec L to BFLY, fwd R, trng LF 1/4 undr jnd lead hnds to WRPD RLOD*) WRPD RLOD ;
- 6 {WHL 3 TO LOD} Begin RF trn fwd R, fwd L, fwd R to fc LOD, - (*W Begin RF trn bk L, bk R, bk L to fc LOD*) WRPD LOD ;
- 7 {TWRL 3 TO BFLY} Release trail hnds fwd L raising jnd lead hnds, fwd R, fwd L trng to fc ptr blend to BFLY, - (*W Fwd R trng 1/2 LF undr jnd lead hnds, sd & bk L trng to fc ptr, sd R blend to BFLY COH, -*) BFLY WALL ;
- 8 {FNC LINE} Cross lun thru R w/ bent knee looking twd LOD, rec L trng to fc ptr, sd R, - (*W Cross lun thru L w/ bent knee looking twd LOD, rec R trng to fc ptr, sd L, -*) BFLY WALL ;

END

- 1-4** **REVERSE UNDERARM TURN TO L-POSITION ; FAN ; START ALEMANA INTO ; AIDA ;**
- 1 {REV UNDRM TRN TO L-POSITION} Raising jnd lead hnds XLIF, rec R, sd L leading W to L Pos, - (*W XRIF trng LF 1/2 under jnd lead hnds, rec L trng LF 1/4 to fc LOD, fwd R to fc LOD, -*) L-POS M fcg WALL W fcg LOD ;
- 2 {FAN} Bk R leading W fwd, rec L, sd R, - (*W Fwd L, fwd R trng LF 1/2 to fc RLOD, bk L leaving R extended fwd w/ no wgt, -*) FAN POS M FCG WALL ;
- 3 {START ALEMANA} Fwd L, rec R, cl L leading W to trn RF, - (*W Cl R, fwd L, fwd R swvl RF to fc ptr & COH, -*) BFLY WALL ;
- 4 {AIDA} Thru R trng RF, sd L cont RF trn, bk R, - (*W Thru L trng LF, sd R cont LF trn, bk L, -*) V Bk-bk POS RLOD ;
- 5-9+** **SWITCH ROCK TO BFLY ; THRU SERPIENTE ; ; START THRU SERPIENTE RONDE ON 4 ; STEP APART WITH SLOW ARM SWEEP ; , ,**
- 5 {SWCH RK BFLY} Trng LF bringing jnd lead hnds thru to fc ptr sd L ckg, rec R, sd L to BFLY WALL, - (*W Trng RF bringing jnd lead hnds thru to fc ptr sd R ckg, rec L, sd R to BFLY COH, -*) BFLY WALL ;
- 6 {THRU SERP} Thru R, sd L, bhd R, fan L counterclockwise (*W Thru L, sd R, bhd L, fan R clockwise*) ;
- 7 Bhd L, sd R, thru L, fan R counterclockwise (*W Bhd R, sd L, thru R, fan L clockwise*) BFLY WALL ;
- 8 {START THRU SERP RONDE ON 4} Thru R, sd L, bhd R, ronde L counterclockwise until L foot is bhd R foot (*W Thru L, sd R, bhd L, ronde R clockwise until R foot is bhd L foot end BFLY COH*) BFLY WALL ;
- 9+ {STP APT W/ SLO ARM SWEEP} Release lead hnds stp bk L, looking at W sweep L arm counterclockwise in around up and out, -, - (*W Release lead hnds stp bk R, looking at M sweep R arm clockwise in around up and out, -, -*) ; -, - **[2 Extra beats of music]**