

## SLEEPY TIME GAL

**Composer:** Lloyd and Maizie Poole  
**Record:**  
**Rhythm/Phase:** Two-step  
**Footwork:** Opposite throughout, directions for M unless otherwise stated  
**Sequence:** Intro - Dance - Dance - Dance

### Meas

### INTRO

- 1 – 4** WAIT 2 MEAS;; APART, -, TOUCH, -; TOGETHER, -, TOUCH, -;  
1-2 Wait; Wait;  
3-4 In OPEN pos step apart on L, -, tch R to L, -; step tog on R, -, tch L to R assuming SCP, -;

### DANCE

- 1 – 4** FWD TWO-STEP, -; FWD TWO-STEP, -; TURN AWAY, 2, 3, SWING; TOG, -, TOUCH, -;  
1-2 Two fwd two-steps LOD L, R, L, -; R, L, R, -;  
3-4 Turn LF twd COH (W RF twd Wall) and walk fwd three steps L, R, L, swing R around making LF turn to face Wall (W swing L making RF turn to face COH); walk fwd three steps to ptr R, L, R, tch L to R to BFLY/BJO;
- 5 – 8** BANJO AROUND, 2, 3 -; CROSS OVER, 2, 3, -; SD, TOUCH, SD, TOUCH; W TWIRL, -, 2, -;  
5-6 In BFLY/BJO walk three steps CW L, R, L, - in a half circle; chng sides in three R, L, R, -, (Calif. Twirl W crosses under joined lead hands [M's R, W's L] with a LF turn on third step to fc ptr), to BFLY/WALL;  
7-8 Step sd LOD [almost in place] on L [sway body twd LOD] tch R to L, step sd RLOD [almost in place] on R, [sway twd RLOD] tch L to R; walk fwd LOD two slow steps L, -, R, - (W does RF twirl in two steps under joined lead hands [M's L & W's R] ) to SCP/LOD;
- 9 – 12** FWD TWO-STEP, -; FWD TWO-STEP, -; TURN AWAY, 2, 3, SWING; TOG, -, TOUCH, -;  
9-12 Repeat Meas 1-4;;;;
- 13–16** BANJO AROUND, 2, 3 -; CROSS OVER, 2, 3, -; SD, TOUCH, SD, TOUCH; W TWIRL, -, 2, -;  
13-16 Repeat Meas 5-8, ending in LOOSE/CLOSED pos;;;;
- 17–20** SD, CLOSE, CROSS, -; SD, CLOSE, CROSS, -; TURN TWO-STEP, -; TURN TWO-STEP;  
17-18 In LCP/WALL, step sd LOD on L, cl R to L, XIF L over R (W XIF also), -; step sd RLOD on R, cl L to R, XIF R over L, -;  
19-20 Do two LF turning two-steps prog LOD;;
- 21–24** SD, CLOSE, CROSS, -; SD, CLOSE, CROSS, -; TURN TWO-STEP, -; TURN TWO-STEP;  
21-24 Repeat Meas 17-20;;;;
- 25–28** SD, BEHIND, SD, IN FRONT; WALK, -, 2, -; SD, BEHIND, SD, IN FRONT; WALK, -, 2, -;  
25-26 In LCP step sd LOD on L, XIB on R, sd on L, XIF on R; in LOD walk fwd in SCP two slow steps L, -, R, -;  
27-28 REPEAT the action of meas 25-26;;
- 29–32** FWD TWO-STEP, -; FWD TWO-STEP, -; W TWIRL, -, 2, -; WALK, -, 2, -;  
29-30 Repeat meas 1-2;;  
31-32 M walks fwd four slow steps while W makes one slow RF twirl in two steps under joined lead hands [M's L, W's R] coming into SEMI-CLOSED in two walking steps, to repeat dance;;

### ON THE LAST TIME THRU DO A VERY SLOW TWIRL, BOW AND CURTSY

**Note:** (Plenty of time allowed for a BIG SMILE Ending)