

# EZ Bad Dreams

Count: 32

Wall: 4

Level: Beginner

Choreographer: Cathy Snow (USA) - January 2025

Music: Bad Dreams - Teddy Swims



Intro: 32 counts

**\*\*You can teach to slower song (Stranger in My House-Ronnie Milsap then Bad Dreams is a bit faster- just a thought}**

**\*\*No tags or restarts**

## [1-8] CROSS ROCKS L, R; TRIPLE STEPS IN PLACE

- 1-2 Cross/rock R over L; recover L
- 3&4 Triple step in place stepping R, L, R
- 5-6 Cross/rock L over recover R
- 7&8 Triple in place stepping L, R, L

## [9-16], SHUFFLE FORWARD; ROCK FORWARD L, RECOVER R, SHUFFLE BACK, ROCK BACK R, RECOVER L

- 1&2 Shuffle forward R, L R
- 3-4 Rock forward L; recover R
- 5&6 Shuffle back L, R, L
- 7-8 Rock back R, recover L

## [17-24] LINDY R, LINDY L

- 1&2 Step R to R side, Step L next to R, Step R to R side
- 3-4 Step L behind R, Recover weight on R
- 5&6 Step L to L side, Step R next to L, Step L to L side
- 7-8 Step R behind L, Recover weight on L

## [25-32] STEP R, POINT L, STEP L, POINT R; ¼ TURN JAZZ BOX

- 1-2 Step R forward, Point L to L side
- 3-4 Step L forward, Point R to R side
- 5-6 Cross R over L, step back on L turning 1/4 turn to R
- 7-8 Step R to R side, Step L next to R

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