

Slipping into Bad Dreams (aka Bad Dreams)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: David M. Lewis (USA) - October 2024
音乐: Bad Dreams - Teddy Swims



No Tags or restarts

Instructor note: Begin Dance after a 32 Count Introduction (28 + 5678)

[1–8] Front (Cross) Rock, Side Rock, Back Rock, Cross-Point

Instructor Words: Front Rock, Side Rock, Back rock, Cross Point

1-2 (12:00) Right Cross (over Left), Recover on Left
3-4 Right Side Rock, Recover on Left
5-6 Right Back Cross (behind Left) Rock, Recover on Left
7-8 Right Cross (over Left), Left Point to side (12:00)

[9–16] Cross-Point, Cross-Point, Rock-1/4 Turn Recovery, ½ Turn- Sweep

Instructor Words: Cross Point, Cross Point, Rock-1/4, ½ Turn

1-2 (12:00) Left Cross (over Right), Right Point to side
3-4 Right Cross (over Left), Left Point to side
5-6 Left Rock, Rock Recovery with Left ¼ Turn Step
7-8 Left ½ Turn Step, Hold or Sweep on 8 (3:00)

[17–24] Grapevine, Grapevine

Instructor Words: Grapevine, Grapevine

1-4 (3:00) Right Grapevine
5-8 Left Grapevine (3:00)
(Option for 5-8: Rolling Vine)

[25–32] Rocking Chair, Pivot Turn, Pivot Turn

Instructor Words: Rocking Chair ½ Turn, ½ Turn

1-4 (3:00) Right Rocking Chair
5-6 R Step forward-1/2 Turn Pivot
7-8 R Step forward-1/2 Turn Pivot (3:00)

(Option for Counts 5-8: R Step, Left Together x 2)

(Option for Counts 5-8: Two full turns to Left)

Ending: W10 (3) after 24C R Step forward-1/2 Turn Pivot (12)

Restart

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