

Sweet Dreams

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Beginner straight rhythm
编舞者: George Hum
音乐: Sweet Dreams - K2 Groove



HEEL TAPS

- 1-4 Step left foot diagonal forward, tap left heel 3 times
5-8 Step right foot diagonal forward, tap right heel 3 times

TOE TOUCH

- 1-2 Left toe touch in front of right foot, step left foot to side
3-4 Right toe touch in front of left foot, step right foot to side
5-6 Left toe touch in front of right foot, step left foot to side
7-8 Right toe touch in front of left foot, step right foot to side

HANDS PUSH, LEFT KICK BALL CHANGE; HANDS PUSH, LEFT FORWARD ¼ TURN RIGHT

- 1-2 Raise both hands up in front of body and move them back and forth twice. (imagine you are doing push up on the floor)
3&4 Kick left foot forward, step on ball of left foot, recover weight on right foot
5-6 Raise both hands up in front of body and move them back and forth twice. (imagine you are doing push up on the floor)
7-8 Step left foot forward and turn ¼ turn right

RIGHT VINE, LEFT KICK, HOOK, KICK, STEP

- 1-4 Cross left foot in front of right foot, step right foot to side, cross left foot behind right foot, step right foot to side
5-8 Kick left foot forward, hook in front of right foot, kick left foot forward, step left foot next to right foot

LEFT VINE, RIGHT KICK, HOOK, KICK, STEP

- 1-4 Cross right foot in front of left foot, step left foot to side, cross right foot behind left foot, step left foot to side
5-8 Kick right foot forward, hook in front of left foot, kick right foot forward, step right foot next to left foot

REPEAT
