

Sweet Dreams

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Chris Watson (AUS) - May 2005
音乐: Sweet Dreams My la Ex - Rachel Stevens



Start With Weight on your Left.

STEP KICK, BEHIND SIDE CROSS, STEP KICK BEHIND SIDE CROSS

- 1-2-3&4 Step right to right side kick left out to left, step left behind right, right to right side and left across in front of right
- 5-6-7&8 Step right to right side kick left out to left, step left behind right, right to right side and left across in front of right

ROCK SIDE, CENTER, CROSS SHUFFLE, ¼ TURN, ¼ TURN, CROSS SHUFFLE

- 1-2-3&4 Rock right to right side, weight back onto left, cross shuffle right over left, left to left side and right over left
- 5-6-7&8 Step left foot to left side making a ¼ turn right, step right out to right side making a ¼ turn right (making a ½ turn in total), cross shuffle left over right, right to right side and left to left side

ROCK SIDE, CENTER, CROSS SHUFFLE, ¼ TURN, ½ TURN, SHUFFLE FORWARD

- 1-2-3&4 Rock right to right side, weight back onto left, cross shuffle right over left, left to left side and right over left
- 5-6-7&8 Step left foot to left side making a ¼ turn right, step right foot forward making a ½ turn right. (now facing 3:00), shuffle forward right, left, right

ROCK FORWARD, BACK, STEP BACK AND DRAG, BALL CHANGE AND STEP FORWARD RIGHT, WALK FORWARD LEFT, ½ PIVOT

- 1-2-3-4 Rock forward onto right foot and back onto left, step right foot back, dragging left together
- &5-6-7-8 Ball change step left foot back and right foot forward, walk forward left, step right foot forward ½ turn pivot, taking weight onto left

HEEL AND HEEL AND STEP TOUCH, HEEL AND HEEL AND STEP TOUCH

- 1&2&3-4 Right heel forward, bring right foot together and touch left heel forward, bring left foot together and step forward on right, touch left together beside right
- 5&6&7-8 Right heel forward, bring right foot together and touch left heel forward, bring left foot together and step forward on right, touch left together beside right

ROCK FORWARD AND BACK, ½ TURN SHUFFLE, ¼ PIVOT AND CROSS HOLD

- 1-2-3&4 Rock forward onto right foot, back onto left foot, turning a ½ turn via your right on the 1st step of a right shuffle forward moving towards 3:00
- 5-6-7-8 Step left foot forward doing a ¼ turn to right (facing back wall) take weight onto right step left foot across in front of right and hold

SIDE, BEHIND AND CROSS TOUCH, HIPS

- 1-2&3-4 Step right to right side, step left across behind right, step right to right side and left across in front of right, touch right together
- 5-6-7-8 Step right to right side swinging hips right, left, right, right

SIDE, BEHIND AND CROSS TOUCH, HIPS

- 1-2&3-4 Step left to left side, step right across behind left, step left to left side and right across in front of left, touch left together
- 5-6-7-8 Step left to left side swinging hips left, right, left, left

REPEAT
