

I Can Dream

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Mal Jones (UK) - September 2008
音乐: I Can Dream - Alan Gregory : (CD: I Can Dream)



I Can Dream by Stacy Dean Campbell CD Hurt City
I Breathe In, I Breathe Out by Chris Cagle CD Play It Loud 96 b.p.m
Somethings Never Change by Tim McGraw - BBC Radio 2 Country Hits, Place In The Sun 96 b.p.m.
Just A Kiss by Steve Holy 116 b.p.m.

Intro: 16 count intro.

CROSS ROCK, BACK CROSS BACK, CROSS TOUCH, SIDE TOUCH.

- 1 2 Cross rock right foot diagonally over left, recover onto left,
- 3 4 Step back on right, cross left foot over right,
- 5 6 Step back onto right foot, cross and touch left foot over right,
- 7 8 Step left foot to left side and touch right foot to left instep.

FULL TURN RIGHT, SWEEP CROSS STEP SIDE, BEHIND SWEEP ¼ RIGHT

- 1 2 Step right foot making ¼ turn right, step left foot making ¼ turn to left side,
- 3 4 Step right foot to right side making ½ turn, sweep and cross left foot over right,
- 5 6 Step onto left foot, side step onto right,
- 7 8 Cross left foot behind right, sweep right foot to right side making ¼ turn right. (3 o'clock).

STEP, ¼ TURN LEFT, ¼ TURN LEFT, SIDE, ROCK RECOVER, COASTER CROSS.

- 1 2 Step onto right foot, step left foot over right making ¼ turn left,
- 3 4 Step back onto right making ¼ turn left, step left foot to left side,
- 5 6 Rock forward on right foot, recover on left,
- 7&8 Step right back, step left beside right, step right across left. (9 o'clock).

SIDE ROCK, CROSS SHUFFLE, CROSS UNWIND ¾, STEP, HOLD.

- 1 2 Side rock on left to left side, recover on right,
- 3&4 Cross left foot over right, step right to right side, cross left over right,
- 5 6 Cross right foot over left and unwind ¾ turn,
- 7 8 Weight on left foot and hold for one count. (12 o'clock).

ROCK FORWARD AND BACK, ½ TURN LEFT, ½ TURN LEFT, SWAY, SWAY.

- 1 2 Rock forward on right, recover on left,
- 3 4 Rock back on right, recover on left,
- 5 6 Step back on right making ½ turn left, step forward on left making ½ turn left,
- 7 8 Sway onto right foot, sway onto left foot (using hip movement). (12 o'clock).

CROSS ROCK, SHUFFLE ¼, STEP ½, SHUFFLE ½.

- 1 2 Cross rock right diagonally over left, recover on left,
- 3&4 Step right to right side, step left next to right, step right to right side making ¼ turn right,
- 5 6 Step forward on left pivot ½ turn right (weight on right),
- 7&8 Making a ½ turn over right shoulder step left, right, left, (3 o'clock).

STEP BACK, ½ TURN LEFT, STEP ½TURN LEFT, ROCK RECOVER, COASTER CROSS.

- 1 2 Step back onto right, step forward onto left making ½ turn left,
- 3 4 Step forward onto right making ½ turn left (weight on left),
- 5 6 Rock forward on right, recover onto left,
- 7&8 Step right back, step left beside right, step right across left. (3 o'clock).

SIDE ROCK, CROSS SHUFFLE, $\frac{1}{4}$ TURN LEFT $\frac{1}{4}$ TURN LEFT, SWAY, SWAY.

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| 1 2 | Side rock on left to left side, recover onto right, |
| 3&4 | Cross left over right, right to right side and cross left over right, |
| 5 6 | Step right to right side making $\frac{1}{4}$ turn left, step left to left side making $\frac{1}{4}$ turn left, |
| 7 8 | Sway onto right foot, sway onto left foot (using hip movement). (9 o'clock). |

Extra styling. End of dance, you will dance up to count 32 being cross unwind $\frac{3}{4}$, this takes you to 9 o'clock wall, for finish, cross unwind $\frac{3}{4}$ on final 2 counts of music taking you to front wall 12 o'clock.
