Just A Dream



拍数: 56 增数: 2 级数: Upper Intermediate

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音乐: Just a Dream - Carrie Underwood: (CD: Carnival Ride)



Intro: 16 Count Intro - Start after 16 seconds)

Step Forward. Side Rock. Left Mamb	1/2 Turn Left. Full Turn	Left. Sweep x2. Right Shuffle Back.
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1&2	Step forward on Right. Rock Left out to Left side. Recover v	weiaht on Riaht.

&3& Rock forward Left. Rock back on Right. Turn 1/2 turn Left stepping forward on Left. (Face 6

o'clock)

4& Turn 1/2 turn Left stepping back on Right. Turn 1/2 turn Left stepping forward on Left.
5 – 6 Sweep Right out and around from back to front. Sweep Left out and around from back to

front.

7&8 Right shuffle back stepping Right. Left. Right.

Cross Rock. 1/2 Turn Left. Cross Rock. Side. Cross Rock. 1/2 Turn Left. Step. Pivot 5/8 Left.

1 – 2	Cross rock Left over Right. Rock back on Right. (Facing 7 o'clock)
&	Turn 1/2 turn Left stepping forward on Left. (Facing 1 o'clock)

3 – 4& Cross rock Right over Left. Rock back on Left. Step Right to Right side. (Facing 3 o'clock)

5 – 6 Cross rock Left over Right. Rock back on Right. (Facing 5 o'clock)
 Turn 1/2 turn Left stepping forward on Left. (Facing 11 o'clock)

7 – 8 Step forward on Right. Turn 5/8 turn Left. (Weight on Left) (Facing 6.o'clock)

Syncopated Frieze Right. 3/4 Turn Left. Back. Together. Touch Back. Unwind. Back Hook. Step Forward.

1&2& Step Right to Right side. Cross Left behind Right. Step Right to Right side. Cross step Left

over Right.

3 – 4 Turn 1/4 turn Left stepping back on Right. Turn 1/2 turn Left stepping forward on Left. (Facing

9)

5&6 Step back on Right. Step Left next to Right. Touch Right behind Left.

&7 Unwind 1/2 turn Right. (Weight on Left) Step back on Right. (Facing 3 o'clock)

&8 Hook Left heel across Right shin. Step slightly forward on Left.

Slide 1/2 Turn Left. Shuffle Left. Shuffle Right 1/4 Turn. 1 1/2 Turn Triple Step. Step. Pivot 1/2 Turn.

1 Slide Right to Right side whilst turning 1/2 turn Left over Left shoulder. (to face 9 o'clock)

2&3 Step Left to Left side. Close Right beside Left. Step Left to Left side.

4&5 Step Right to Right side. Close Left beside Right. Turn 1/4 turn Left stepping back on Right.

(facing 6)

&6 Turn 1/2 turn Left stepping forward on Left. Turn 1/2 turn Left stepping back on Right.

& Turn 1/2 turn Left stepping forward on Left. (facing 12 o'clock)

7 – 8 Step forward on Right. Pivot 1/2 turn Left. (Weight on Left) (Facing 6 o'clock)

Option for the 1 ½ Triple Step:

Make 1/2 Turn Left shuffle forward Left. Right. Left.

&6& Turn 1/2 turn Left stepping forward on Left. Close Right beside Left. Step forward on Left.

Side, Cross Rock Back, Side Cross Rock Back, 3/4 Turn Left Shuffle Forward, 1/4 Pivot Turn,

1 – 2&	Step Right to Right side. Cross rock back Left behind Right. Rock forward on Right.
3 – 4&	Step Left to Left side. Cross rock back Right behind Left. Rock forward on Left.

5 – 6 Turn 1/4 turn Left stepping back on Right. Turn 1/2 turn Left stepping forward on Left. (Facing

9 o'clock)

&7 Close Right beside Left. Step forward on Left

Side. Together. Forward. Touch. Left Coaster Step. Touch. Back Right. Back Left. Right Coaster Cross.

Step Right to Right side. Step Left beside Right. Step Right forward. Touch Left beside Right.

Step back on Left. Step Right beside Left. Step forward on Left. Touch Right beside Left.

5 – 6 Large step back Right. Large step back Left.

7&8 Step back on Right. Step Left beside Right. Cross Right over Left.

Side. Touch Behind. Unwind. Side. Touch Behind. Unwind. Side Rock. Behind, Side, Shuffle Forward.

&1 – 2 Step Left to Left Side. Touch Right behind Left. Unwind full turn Right.
&3 – 4 Step Left to Left Side. Touch Right behind Left. Unwind full turn Right.

5&6& R ock Left out to Left side. Recover weight on Right. Cross step Left behind Right. Step Right to

Right side.

7&8 Shuffle forward Left. Right. Left.

Option for the Side. Touch Behind. Unwind x 2 Side. Toe Strut Behind. Side. Toe Strut Behind.

&1 – 2 Step Left to Left Side. Touch Right Toe behind Left. Drop Right Heel to floor. &3 – 4 Step Left to Left Side. Touch Right Toe behind Left. Drop Right Heel to floor.

Restart occurs on the 2nd Wall (facing 12 o'clock) after Count 40 at

The following tag occurs at the end of the 4th Wall (facing 12 o'clock):

Pivot 1/2 Turn Left. Pivot 1/2 Turn Right. Forward Coaster Step. Back Coaster Step.

Step forward on Right. Pivot 1/2 turn Left. Step forward on Right.
Step forward on Left. Pivot 1/2 turn Right. Step forward on Left.
Step forward on Right. Step Left beside Right. Step back on Right.
Step back on Left. Step Right beside Left. Step forward on Left.

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