

Like A Nightmare

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Advanced
编舞者: Amy Spencer (USA) & Adam Berman (USA) - February 2011
音乐: Her World Goes On (Radio Edit) - Justin Michael & Kemal



Intro: Dance starts after 16 counts on the vocals

Front Chug 2x, Back Chug 2x, Step Left Then Step Right, Making ½ Turn (Or A 1 ½ Turn)

- 1-2 On diagonal to right corner chug left foot forward 2x making ½ turn to right
- 3-4 Continue direction of turn with 2 chugs backwards on the right another ½ turn
- 5-6 Still turning right step left ½ turn, step right ½ turn, prep weight on right foot
- 7-8 Reverse spin direction to left, weight on the right either ½ or 1½ (end square to back wall)

Side Sailor, Hop Heel Hop Drag, Cross Drop, Step Close ½ Turn Left

- 1&2 Side sailor left, right, left (without dropping the left from the prior spin)
- &3&4 Hop on left foot, push right heel frwd and tap it down, hop on left, drag right to side
- 5-6 Deep cross of left over right, deep lean out over right foot
- 7-8 Step left to left side begin a ½ turn to left, complete turn by closing right next to left

Heel Toes Heel Toes Heel, Twist Up, Twist Down, Heel Toes Heels, Back Step Left ¼ Turn, Step Right ¼ Turn

- 1&2&3 Combo moves right in twist motion: heels toes heels toes heels
- &4 Twist heels left in an upward motion (releve'), twist heels down to right
- 5&6 Twist combo moving left, heels toes heels
- 7-8 Step left back making ¼ turn right, step right around making ½ turn right

Rock Left Front, Step Right Ball Switch, Pull Right Into Left, Push Glide ½ Turn, Push Glide ¼ Turn

- 1,2&3 Press forward with left, step right in place, step left next to right, press right frwd
- 4 With quick action pull right into left (leave weight on left)
- 5-6 Push right back and transfer weight to right while making a ½ turn right
- 7-8 Push left back and transfer weight to left while making a ¼ turn left

RESTART: ON wall 5 the dance restarts after 32 counts.

ARMS: Forward, Into Chest, Overlap, Lift, Left Wrist Drop, Hook Head Pull Down, Chin Knock Up, Hit Left Out The Way Making ¼ Turn Leading With Head.

- 1& Shoot both arms straight forward from shoulder level, bend at elbows so palms are at chest
- 2& Slide together be sure to overlap right over left, lift right from elbow with bent wrist
- 3-4 Bend left wrist down, keeping connection put arms over head
- 5-6 Use arms to pull head down, circle right from behind head under left to hit chin up
- 7 Continue circle of right and hit the left
- 8 Reach out with right and swing it around, feet do a ¼ turn pivot left

Hinge Touch Push, Hinge Touch Push, Heel Twist Ball Step, Heel Twist Ball Step (adv option below)

- 1&2 Hinge right knee up, touch right toes down, slide left out to left side
- 3&4 Hinge left knee up, touch left toes down, slide right out to right side
- 5&6 Put right heel frwd but turned in, turn out foot as stepping on left, step right
- 7&8 Put left heel frwd but turned in, turn out foot as stepping on right, step left

Advanced OPTION for counts 5-8: same footwork double time so combo happens 2x

Tap Toe Tap Heel, ¼ Turn Ball Switch, Touch Right, Heel Bounce 2x , Shoulder Sway Left Then Right 1/4 Turn

- 1&2 Tap right toes out to right, tap right heel to floor, turn body ¼ turn right
- &34 Step right next to left, step left frwd, pull right from behind into left (keep weight on left)

&56 Slide right out to right side, bounce right heel into floor 2x
7-8 Sway shoulders with hanging arms using left shoulder to right, then right shoulder to left

Kick Step Touch ½ Left Turning Sailor, Kick Step Step ½ Right Turning Sailor

1&2 Kick right frwd, step down on right, touch left next to right
3&4 Turning sailor left, right, left, making a ½ turn left
5&6 Kick right frwd, step down on right, step left
7&8 Turning sailor: right, left, right, making a ½ turn right

TAG: BEFORE Wall 5: Freestyle TAG of 2 sets of 8 - arm waves and rolls works best with the music here
