Sweet Dreams (2014)

拍数: 64	墙数: 4	级数: Beginner / Easy Improver

编舞者: Martie Papendorf (SA) - May 2010

音乐: Sweet Dreams (Are Made of This) - Eurythmics : (Album: Sweet Dreams - Are Made Of This)

Intro: 16 counts, start on vocals.

#1: SIDE, TOUCH, KICK, KICK, SIDE, TOUCH, SIDE, TOUCH

1-4	Step L to left side, Touch R next to L, Kick R across L 2x [Low kicks],
5-8	Step R to right side, Touch L next to R, Step L to left side, Touch R next to L [12.00]

#2: CRABWALK R - SIDE, STEP, SIDE, STEP, SIDE, STEP, SIDE, TOUCH or [DOWN, UP, DOWN, UP, DOWN, UP, DOWN, TOUCH]

1-2	Step R small step to right side dropping R shoulder (raise L shoulder), Step L next to R leveling shoulders,
3-8	Repeat ending in a touch L next to R [12.00]

#3: SIDE, TOUCH, SIDE, TOUCH, RUN FORWARD L, R, L, TOUCH

1-4	Step L to left side, Touch R next to L, Step R to right side, Touch L next to R,
5-8	Shuffle/ Run fwd 3 small steps L, R, L, Touch R next to L [12.00]

#4: SIDE, TOUCH, SIDE, TOUCH, RUN BACK R, L, R, TOUCH

1-4	Step R to right side, Touch L next to R, Step L to left side, Touch R next to L,
5-8	Shuffle / Run 3 small steps back R, L, R, Touch L next to R [12.00]

#5: CROSS ROCK, RECOVER, SIDE, SCUFF, CROSS ROCK, RECOVER, SIDE, SCUFF

1-4	Rock L across R, Recover back onto R, Step L to left side, Scuff R across L,

[arms opposing leg movement]

5-8	Rock R across L, Recover back onto L, Step R to right side, Scuff L across R [12.00]

#6: CROSS ROCK, RECOVER ¼ LEFT, SIDE, SCUFF, CROSS ROCK, RECOVER, SIDE, TOUCH

1-4	Rock L across R, Recover R back making a ¼ turn left, Step L to L side, Scuff R across L, [9.00]
5-8	Rock R across L, Recover back onto L, Step R to right side, Touch L to R [9.00]

#7: SIDE, TOUCH, SIDE TOUCH, CHASSE LEFT, TOUCH

1-4	Step L to left side, Touch R next to L, Step R to right side, Touch L next to R,
5-8	Step L to left side, Close R next to L, Step L to left side, Touch R next to L [9.00]

#8: SIDE, TOUCH, SIDE TOUCH, CHASSE RIGHT, TOUCH

1-4	Step R to right side, Touch L next to R, Step L to left side, Touch R next to L,
5-8	Step R to right, Close L next to R, Step R to right side, Touch L next to R [9.00]

START AGAIN