

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Judy McDonald (CAN)  
音樂: Sweet Dreams My la Ex - Rachel Stevens



## RIGHT TOUCH, SWEEP, RIGHT BALL CROSS, RIGHT STEP SIDE, LEFT STEP BEHIND, RIGHT SIDE ROCK & CROSS

- 1            Touch right beside left
- 2-3        Lift right slightly off floor and sweep from front to back
- &4        Step right behind left, step left across in front of right
- 5-6        Step right to side, step left behind right
- &7-8       Step right to side, step left in place, step right across in front of left

## LEFT STEP SIDE, RIGHT STEP BEHIND, LEFT SIDE ROCK & CROSS, RIGHT SHUFFLE BACK, LEFT SHUFFLE BACK

- 1-2        Step left to side, step right behind left
- &3-4       Step left to side, step right in place, step left across in front of right

**You will be moving back after this, so prep your step to make the transition easier. In other words, this can be a "cross over while stepping slightly back" step**

- 5&6        Step right back, step left beside right, step right back
- 7&8        Step left back, step right beside left, step left back

## RIGHT ROCK BACK, LEFT STEP, RIGHT ROCK FORWARD, LEFT STEP, RIGHT ROCK BACK, LEFT STEP, RIGHT ¼ PIVOT, LEFT STEP

- 1-4        Step right back, step left in place, step right forward, step left in place
- 5-8        Step right back, step left in place, step right forward, pivot ¼ left step in place

## RIGHT ROCK FORWARD, LEFT STEP, RIGHT COASTER, LEFT SHUFFLE FORWARD, RIGHT KICK STEP TOUCH

- 1-2        Step right forward, step left in place
- 3&4        Step right back, step left beside right, step right forward
- 5&6        Step left forward, step right beside left, step left forward
- 7&8        Right kick forward, step right beside left, touch left beside right

## LEFT STEP, RIGHT SWEEP, RIGHT BALL CHANGE, RIGHT STEP DIAGONAL BACK, LEFT CROSS BALL CROSS, RIGHT STEP BACK

- 1            Step left to side
- 2-3        Lift right slightly off floor and sweep around and across left
- &4        Step right across left and slightly back, step left back
- 5-6        Step right back and slightly right, step left across in front of right
- &7-8       Step right back, step left across in front of right, step right back

**These counts will move back and slightly on a diagonal to the right**

## LEFT COASTER, RIGHT ROCK FORWARD, LEFT STEP, RIGHT ROCK SIDE, LEFT STEP, RIGHT CROSS SHUFFLE

- 1&2        Step left back, step right beside left, step left back
- 3-4        Step right forward, step left in place
- 5-6        Step right to side, step left in place
- 7&8        Step right across in front of left, step left to side, step right across in front of left

## LEFT SIDE ROCK STEP CROSS, RIGHT SIDE ROCK STEP CROSS

- 1-3        Step left to side, step right in place, step left across in front of right

4-6 Step right to side, step left in place, step right across in front of left  
7&8 Step left back, step right beside left, step left forward

**RIGHT KICK BALL CHANGE TWICE, RIGHT HEEL BOUNCE, LEFT HEEL BOUNCE, LEFT STEP**

1&2 Kick right forward, step right back, step left forward

3&4 Kick right forward, step right back, step left forward

**These steps move slightly forward**

5-6& Step right slightly forward and bounce heel twice, step right beside left

7-8& Step left slightly forward and bounce heel twice, step left beside right

**REPEAT**

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