

# Like A Nightmare

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Advanced  
編舞者: Amy Spencer (USA) & Adam Berman (USA) - February 2011  
音樂: 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**

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