

Nightmare

Count: 64

Wand: 4

Ebene: Advanced

Choreograf/in: Terry Hogan (AUS)

Musik: She Drew a Broken Heart - Patty Loveless



STEP FORWARD, ½ TURN, TRIPLE STEP

- 1 Step forward with right foot
- 2 Pivot ½ turn left on ball of right foot
- 3 Step together with left foot next to right foot
- & Step in place with right foot
- 4 Step in place with left foot

STEP BACK, ½ TURN, TRIPLE STEP

- 5 Step back with right foot
- 6 Pivot ½ turn left on ball of right foot
- 7 Step together with left foot next to right foot
- & Step in place with right foot
- 8 Step in place with left foot

STEP BACK, HOLD, STEP BACK, HOLD

- 9 Big step back on right foot
- 10 Hold, (slight dragging of left foot towards right foot is acceptable)
- 11 Step back with left foot
- 12 Hold ((slight dragging of right foot towards left foot is acceptable)

WALK BACK, 2, 3, BALL-CROSS

- 13 Step back with right foot
- 14 Step back with left foot
- 15 Step back with right foot
- & Step back on ball of left foot
- 16 Step across in front of left foot with right foot

LEFT SIDE, TOUCH, RIGHT SIDE, TOGETHER

- 17 Step to left side with left foot
- 18 Touch right toe next to left foot
- 19 Step to right side with right foot
- 20 Step together with left foot next to right foot

STEP-TOGETHER-STEP-TOGETHER, STEP, KICK

- 21 Small step to right side with right foot
- & Place ball of left foot next to right foot
- 22 Small step to right side with right foot
- & Place ball of left foot next to right foot
- 23 Step to right side with right foot
- 24 Kick left foot across in front of right leg

HOLD, CROSS, SIDE, ¼ TURN

- 25 Hold (left foot still in the air)
- 26 Step across in front of right leg with left foot
- 27 Step to right side with right foot
- 28 Pivot ¼ turn left on ball of right foot, stepping forward with left foot

LEFT TURNING SHUFFLES

- 29 Step ¼ turn left with right foot
- & Step together with left foot
- 30 Step ¼ turn left with right foot
- 31 Step ¼ turn left with left foot
- & Step together with right foot
- 32 Step ¼ turn left with left foot

OUT-OUT, IN FRONT, SIDE, BEHIND

- 33 Step to right side with ball of right foot
- & Step to left side with ball of left foot
- 34 Step across in front of left leg with right foot
- 35 Step to left side with left foot
- 36 Step across behind left leg with ball of right foot

HIP LIFT, SIDE-TOGETHER-SIDE

- 37 Keep feet in place raise right hip and shoulder up
- 38 Relax
- 39 Step to right side with right foot
- & Step together with left foot next to right foot
- 40 Step to right side with right foot

ROCK-STEP-TURN, SHUFFLE

- 41 Step forward with left foot
- 42 Rock back onto ball of right foot
- & Pivot ½ turn left on ball of right foot
- 43 Step forward with left foot
- & Step together with right foot
- 44 Step forward on ball of left foot

LEFT ½ TURN, ½ TURN, ½ TURN, ½ TURN

- 45 Pivot ½ turn left on ball of left foot, stepping back slightly on ball of right foot
- 46 Pivot ½ turn left on ball of right foot, stepping forward slightly on ball of left foot
- 47 Pivot ½ turn left on ball of left foot, stepping back slightly on ball of right foot
- 48 Pivot ½ turn left on ball of right foot, stepping back forward on ball of left foot

OUT-OUT, IN FRONT, SIDE, BEHIND

- 49 Step to right side with ball of right foot
- & Step to left side with ball of left foot
- 50 Step across in front of left leg with right foot
- 51 Step to left side with left foot
- 52 Step across behind left leg with ball of right foot

HIP LIFT, SIDE-TOGETHER-SIDE

- 53 Keep feet in place raise right hip and shoulder up
- 54 Relax
- 55 Step to right side with right foot
- & Step together with left foot next to right foot
- 56 Step to right side with right foot

STEP FORWARD, ROCK BACK, STEP BACK, KICK

- 57 Step forward with left foot
- 58 Rock-step back onto right foot

- 59 Step back with left foot
- 60 Kick right foot forward

BACK RIGHT-TOGETHER-BACK RIGHT-TOGETHER, STEP BACK, TOGETHER

- 61 Small step back on ball of right foot
- & Slide left foot next to right foot
- 62 Small step back on ball of right foot
- & Slide left foot next to right foot
- 63 Step back on right foot
- 64 Step together with left foot

REPEAT

Styling notes: ****Step 1, 2, 5, 6 can be performed as full turns instead of ½ turns. **Step 45-48 can be made easier: step forward Right then Left then doing only two ½ turns. **On counts 61&62& lean forward slightly and push Right shoulder forward as you step back with Right foot (controlled shimmies) Holding arm out from the body usually helps with this move.**
