

Bad Dreams

Count: 32

Wall: 4

Level: Beginner

Choreographer: Judy Rodgers (USA) - January 2025

Music: Bad Dreams - Teddy Swims : (amazon)



#32 count intro - No tags or Restarts

S1: Side rock cross hold, turn 1/4 L, hold, turn 1/4 L, hold

- 1-4 Rock L to left side, recover R, cross L over R, hold
- 5-6 Turn 1/4 left step R back, hold 9:00
- 7-8 Turn 1/4 left step L fwd, hold 6:00

S2: Step tap, back kick, back rock, step hitch

- 1-2 Step R fwd, tap L toe beside R
- 3-4 Step L back, kick R fwd
- 5-6 Rock R back, recover L
- 7-8 Step fwd R, hitch L

S3: Side behind turn 1/4 L hold, rock recover, turn 1/2 R step, hold

- 1-4 Step L to left side, step R behind L, turn 1/4 left step L fwd, hold 3:00
- 5-6 Rock R fwd, recover L
- 7-8 Turn 1/2 right step R fwd, hold 9:00

S4: Side, hold, back rock (L and R)

- 1-4 Big step L to left side, hold, rock R behind L, recover L
 - 5-8 Big step R to right side, hold, rock L behind R, recover R
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