

A Nightmare on My Street aka Beginner's Nightmare

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner / Improver Contra
编舞者: Sherry Barrett (USA) & Justin Barrett (USA) - August 2019
音乐: A Nightmare On My Street - DJ Jazzy Jeff & The Fresh Prince



Intro: Begin with lyrics - No tags or restarts

Cross rock, recover, step (x2), turn 1/4 left and touch right side, together, touch left side, together (1-8)

1&2 Step right forward and across, step left in place, step right together (Danced on balls of feet)

3&4 Step left forward and across, step right in place, step left together

(1&2, 3&4 - Cross wrists in front on cross rock and pull wrists to sides at step together)

5, 6 Turn 1/4 left and touch right side, step right together

(Push invisible wall to left side as you step right, bring arms back in as you step together)

7, 8 Touch left side, step left together

(Push invisible wall to right side as you step left)

Step right side, together, chassé side, turn 1/4 left and rock back, recover, triple forward (9-16)

1 - 2 Step right side, step left together

3&4 Step right side, step left together, step right side

(1, 2, 3&4 - Hands out to side feeling for danger, release with the turn)

5 - 6 Turn 1/4 left and rock left back, recover to right

7&8 Step left forward, step right together, step left forward

Step forward and turn 1/2 left, step back, triple back, rock back, recover, triple forward (17-24)

1 - 2 Step right forward and turn 1/2 left, step left back

3&4 Step right back, step left together, step right back

5 - 6 Rock left back, recover to right

7&8 Step left forward, step right together, step left forward

Step diagonally forward, touch (x2), right back, left back, 1/2 twist turn (25-32)

1 - 2 Big step right diagonally forward, touch left together

3 - 4 Big step left diagonally forward, touch right together

5 - 6 Step right back, step left back

7 - 8 Cross right toe over, unwind 1/2 left

(Pose, arms and face frightened or frightening, as you unwind)

Back to the top

Notes: Dance sneaky and suspicious, act frightened or frightening, and have fun!

Contact: sherrybarrett8@gmail.com

Last Update – 19 Oct. 2019
