

Forgotten Dreams

拍数: 48 墙数: 2 级数: Advanced NC2S
编舞者: Jessica Boström (SWE) - May 2024
音乐: If You Only Knew - Stacy Riddle



Intro: 16 counts. Approx. 16 secs. into track. Start on lyrics. Start with weight on L foot.
Restarts: On wall 2,3 & 6. See explanation at the bottom of step sheet.

Section 1. (1-8) L Sweep, Behind Side Step 1/8 R, Step 1/2 1/2. Behind Side Hitch, Run Back R, L.

- 1-2&3. Step R to Right side as you sweep L out to Left. Step L behind R, Step R to Right side, Cross step L over R now facing thdiagonal. (1.30)
4&5 Step R fwd, 1/2 turn Left stepping fwd on L, 1/2 turn Left stepping back on R as you sweep L. (1.30)
6&7 Step L behind R, Step R to Right side, step L fwd as you hitch R. (1.30)
8&. Run back R, L. (1.30)

Section 2. (9-16) 1/2 Turn Fwd Rock, Back Back, 1/2 Turn Fwd Rock, Back Back. 1/2 Turn Step Fwd, Cross Step 1/8 Left, Reversed Rolling Vine 1/4 Cross.

- 1-2& Make a 1/2 Right and rock/push R fwd, back L, back R. (7.30)
3-4& Make a 1/2 Left and rock/push L fwd, L, back R, back L. (1.30)
5-6 Make a 1/2 Right step fwd on R (7.30), cross step L as you square up 1/8 turn Left. Now facing (6.00)
7&8&. 1/4 turn Left step back on R, (3.00) 1/2 Left step fwd on L, (9.00) Step fwd on R, (9.00) Make 1/4 Left crossing L over R. (6.00)

Restart 2 here on wall 3. Facing 12.00

(Easier option 1 for counts 7&8&. Weave. Side R to Right, L behind R, Side R to Right, Cross L over R.

Option 2 for counts 7&8&. For those dancers who love to spin. Dubble full turn on counts 7&8&.

Small steps... 1/4 Turn Left Back on R, 1/2 Left fwd on L, 1/2 turn Left back on R, 1/2 Left fwd on L.

Now facing 9.00. To start the next section make another 1/4 turn Left.)

Section 3. (17-25) R Basic, 1/4, 3/4 Turn Left Sweep- Hitch, R Basic, 1/4, Runaround 3/8 R L R.

- 1-2& Step R to Right side, Step L behind R, cross R over L (6.00)
3-4& 1/4 Left step fwd on L. (prep and open upper body slightly to the Right). (3.00) On count 4, keep weight on L as you sweep R around 3/4 turn over your Left shoulder all the way to the back wall. When you face the back wall you go from the R sweep into a R hitch on the & count. (6.00)
5-6&7 Step R to Right side, Step L behind R, cross R over L, 1/4 Left step fwd on L. (3.00)
8&1 Make a 3/8 Turn Left runaround R,L,R. Now facing (10.30)

Restart 3 with stepchange here on wall 6. Facing 6.00

Section 4. (26-33) Step Turn Step, Full Turn Step and Reach R arm, Sweep, Behind Turn 1/8 Step.

- 2&3 Step Fwd on L, make a 1/2 turn Right step fwd on R, step fwd on L. (1.30)
4& Make a 1/2 turn Left step back on R. (10.30) Make 1/2 turn Left step fwd on L. (1.30)
5-6-7 Rock fwd on R as you slowly reach R arm forward and up over count 5-6. Recover back onto L as you sweep R from front to back. (1.30)
8&1 Cross R behind L, 1/8 Left step fwd on L, step fwd on R. (3.00)

Section 5. (34-41) 1/4 Turn Side Rock Cross, 1/4 1/4, Prissy Walks L,R, Rock Recover Coasterstep.

- 2&3 1/4 turn Right rock L to Left side, recover onto R, cross L over R. (6.00)
4& 1/4 Left step back on R, (3.00) 1/4 Left step L to Left side. (12.00)
5,6 Cross step R over L. Cross step L over R. (12.00)
7& Rock fwd on R, recover onto L. (12.00)
8&1 Step back on R, step L beside R, step fwd on R. (12.00)

Restart 1 with step change here on wall 2. Facing 6.00

Section 6. (42-48) Step Turn, Walk L Walk R, Step L, Turn Turn, Back Rock, Full Turn.

- 2& Step fwd on L, 1/2 turn Right stepping fwd on R. (6.00)
3-4 Walk L, walk R. (6.00)
5-6& Step fwd on L slightly crossed over R, 1/2 turn Right step fwd on R, (12.00) 1/2 turn Right step back on L. (6.00)
7& Rock back on R, recover onto L. (6.00)
8& 1/2 turn Left stepping back on R, (12.00) 1/2 turn Left step fwd on L. (6.00)

There are 3 restarts in this dance. On Wall 2,3 & 6:

Restart 1 on Wall 2. Starts facing 12.00. At the end of section 5 we have a step change. Instead of rock recover coasterstep,

- 7&8& Right rocking chair. Rock fwd on R, recover onto L, rock back on R, recover onto L. Restart facing 6.00.

Restart 2 on Wall 3. Starts facing 6.00. Restart after 16 counts facing 12.00.

Restart 3 on Wall 6. Starts facing 12.00. After the second basic and 1/4 turn in section 3. Instead of run, run, run on 8&1 to

face 10.30. You will only do two small runs R, L over your Left shoulder on 8&, but you are now going all the way around

heading to the back wall, square up and restart facing 6.00.

Ending on Wall 8: Last wall starts facing 12.00. Start as normal and keep dancing at normal speed even when the music disappears a bit, it soon comes back. Dance up to count 1,2& in section 2. Then make a 1/2 turn Left and step fwd on Left as you sweep R from back to front squaring up to 12.00 on count 3. Cross R over L on count 4. Step L to Left side on count 5 and you will hit the last beat of the music facing 12.00. Tadahhh!

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