

# Slipping into Bad Dreams (aka Bad Dreams)

**COPPER** KNOB  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Beginner / Improver  
编舞者: David M. Lewis (USA) - October 2024  
音乐: Bad Dreams - Teddy Swims



No Tags or restarts

Instructor note: Begin Dance after a 32 Count Introduction (28 + 5678)

**[1–8] Front (Cross) Rock, Side Rock, Back Rock, Cross-Point**

**Instructor Words: Front Rock, Side Rock, Back rock, Cross Point**

1-2                      (12:00) Right Cross (over Left), Recover on Left  
3-4                      Right Side Rock, Recover on Left  
5-6                      Right Back Cross (behind Left) Rock, Recover on Left  
7-8                      Right Cross (over Left), Left Point to side (12:00)

**[9–16] Cross-Point, Cross-Point, Rock-1/4 Turn Recovery, ½ Turn- Sweep**

**Instructor Words: Cross Point, Cross Point, Rock-1/4, ½ Turn**

1-2                      (12:00) Left Cross (over Right), Right Point to side  
3-4                      Right Cross (over Left), Left Point to side  
5-6                      Left Rock, Rock Recovery with Left ¼ Turn Step  
7-8                      Left ½ Turn Step, Hold or Sweep on 8 (3:00)

**[17–24] Grapevine, Grapevine**

**Instructor Words: Grapevine, Grapevine**

1-4                      (3:00) Right Grapevine  
5-8                      Left Grapevine (3:00)  
(Option for 5-8: Rolling Vine)

**[25–32] Rocking Chair, Pivot Turn, Pivot Turn**

**Instructor Words: Rocking Chair ½ Turn, ½ Turn**

1-4                      (3:00) Right Rocking Chair  
5-6                      R Step forward-1/2 Turn Pivot  
7-8                      R Step forward-1/2 Turn Pivot (3:00)

(Option for Counts 5-8: R Step, Left Together x 2)

(Option for Counts 5-8: Two full turns to Left)

Ending: W10 (3) after 24C R Step forward-1/2 Turn Pivot (12)

Restart

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