

Nightmare

拍数: 64 墙数: 4 级数: Advanced
编舞者: Terry Hogan (AUS)
音乐: 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.
