

One Dream

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Just One Dream - Disney



This is Track 10 off of the California Adventure Theme Park CD at Disneyland

STEP LOCK FORWARD, ½ TURN RIGHT, FULL TURN FORWARD LEFT, FULL TURN FORWARD RIGHT

- 1&2 Step lock forward right, left, right slightly dragging left next to right for count 2
3&4 Step forward on left, make ½ turn right and step forward on right, step forward on left
5&6 Make a full turn left traveling forward right, left, right
7&8 Make a full turn right traveling forward left, right, left

ROCK FORWARD, RECOVER BACK, ANGLED BIG STEP BACK WITH SLIDE, CROSS, BACK, ANGLED STEP BACK SLIDE, STEP BACK, RIGHT BACK COASTER STEP, ½ TURN LEFT, ¼ TURN LEFT, TOUCH

- 1&2 Rock right forward, recover back on left, step back on right next as you angle body to right and slightly drag left towards right
3&4 As you continue to drag left cross left over right, step back on right, step back on left as you angle body to left side slightly dragging right back
5&6 Back coaster step stepping back on right, step left next to right, step slightly forward on right (begin to make a ½ turn left)
&7&8 Make a ½ turn left, step forward on right, make a ¼ turn left, touch right next to left

STEP SIDE, ROCK BACK, RECOVER, ¼ TURN LEFT, ½ TURN LEFT, 1 ¾ TURN RIGHT, SWAY RIGHT, LEFT

- 1-2 Step right to right side, rock left behind right
&3-4& Step on right, turn ¼ left on left, step forward on right, make ½ turn left (weight ends on left)
5&6& Begin to make a 1 ¾ right over your right shoulder as you travel forward by stepping forward on right, make a ½ turn right stepping back on left, make ½ turn right stepping forward on right, make ½ turn right stepping back on left
7-8 Make a ¼ turn right as you sway to right side, sway to left side (as an option, as you sway to left side for count 8, turn your body ¼ turn right since count 1 in set 4 below is a ¼ turn right. Makes for a smooth transition)

¼ TURN RIGHT STEP LOCK FORWARD, ¼ TURN RIGHT POINTING LEFT TO LEFT SIDE, CROSS SHUFFLE, ¼ TURN LEFT POINTING RIGHT TO RIGHT SIDE, STEP FORWARD RIGHT, ROCK FORWARD, RECOVER BACK, ¼ TURN LEFT SLIDE TOUCH

- 1&2& Making a ¼ turn right step lock forward right, left, right, make a ¼ turn right as you point left to left side (weight remains on right)
3&4& Cross shuffle traveling to right side crossing left over right, stepping right to right side, cross left over right, make ¼ turn left as you point right to right side (weight remains on left)
5-6& Step forward on right, rock forward on left, recover back on right
7-8 Make ¼ turn left as you step left long step to left side, slide right next to left and touch right toe next to left

REPEAT

ENDING

You will be facing the front wall at the end and will have danced counts 1-20. When the music slows down after the words "each of us...", your weight will be on your left. Take your time and listen to the music and you do the following:

On the words "if we trust": step right to right side on the word "trust" as you slowly raise your right arm from your side upwards

On the words "in just one dream" turn ¼ turn right as you step your left to left side and raise left arm (you will

be facing 3:00 wall); count to approximately 5 counts (you will have to listen to the music as this will be purely instrumental) and step right to right side (your body is still facing the 3:00 wall but you will be looking to the 6:00 or back wall) and raise right arm

On the words "in just one dream" pivot and turn on ball of right to make a $\frac{1}{2}$ turn right as you step left to left side (your body is to the 9:00 wall but you will be looking to the front or 12:00 wall) and raise your right arm, weight is back on left
