Sweet Dreams



拍数: 40 编数: Beginner straight rhythm

编舞者: George Hum

音乐: Sweet Dreams - K2 Groove



HEEL TAPS

Step left foot diagonal forward, tap left heel 3 timesStep right foot diagonal forward, tap right heel 3 times

TOE TOUCH

1-2	Left toe touch in front of right foot, step left foot to side
3-4	Right toe touch in front of left foot, step right foot to side
5-6	Left toe touch in front of right foot, step left foot to side
7-8	Right toe touch in front of left foot, step right foot to side

HANDS PUSH, LEFT KICK BALL CHANGE; HANDS PUSH, LEFT FORWARD 1/4 TURN RIGHT

1-2 Raise both hands up in front of body and move them back and forth twice. (imagine you are

doing push up on the floor)

3&4 Kick left foot forward, step on ball of left foot, recover weight on right foot

5-6 Raise both hands up in front of body and move them back and forth twice. (imagine you are

doing push up on the floor)

7-8 Step left foot forward and turn 1/4 turn right

RIGHT VINE, LEFT KICK, HOOK, KICK, STEP

1-4 Cross left foot in front of right foot, step right foot to side, cross left foot behind right foot, step

right foot to side

5-8 Kick left foot forward, hook in front of right foot, kick left foot forward, step left foot next to

right foot

LEFT VINE, RIGHT KICK, HOOK, KICK, STEP

1-4 Cross right foot in front of left foot, step left foot to side, cross right foot behind left foot, step

left foot to side

5-8 Kick right foot forward, hook in front of left foot, kick right foot forward, step right foot next to

left foot

REPEAT