Dreamin'!

拍数: 32

级数: Easy Intermediate

编舞者: Jan Wyllie (AUS) - April 2009

音乐: An American Dream - Nitty Gritty Dirt Band

Intro: 40 count intro, (Choreo February 09)

Cross/Rock Rock Back, Rock Back Rock Fwd, Cross/Rock Rock Back, Side Shuffle

- Rock/step R over L, Rock back on L, Rock/step back on R, Rock fwd on L (facing left diag) 1.2.3.4
- 5.6.7&8 Rock/step R over L, Rock back on L, Shuffle right stepping R,L,R

Cross/Rock Rock Back, Rock Back Rock Fwd, Cross Rock, Rock Back, 1/4 Shuffle

- 9.10.11.12 Rock/step L over R, Rock back on R, Rock/step back on L, Rock fwd on R
- 13,14,15&16 Rock/step L over R, Rock back on R, Making 1/4 left shuffle fwd stepping L,R,L

Rock Fwd Rock Back, Toe Strut Back, Coaster Step, Step 1/4 Turn

- 17,18,19,20 Rock/step fwd on R, Rock back on L, Step back on R toe, Drop R heel to floor
- 21&22 Step back on L, Step R beside L, Step fwd on L
- 23.24 Step fwd on R, Pivot 1/4 left transferring wt to L

Box Step, Side Shuffle, Step Behind Side

- Harder Alternative: Box Step, 1/4 Shuffle, 3/4 Turn
- Step R across L, Step back on L, Step R to right, Touch L beside R 25,26,27,28
- 29,30,31,32 Shuffle left stepping L,R,L (alternative - Making 1/4 left shuffle fwd L,R,L)
- 31,32 Step R behind L, Step L to left (alternative - Turn 3/4 left stepping R,L)

*There is an 8 count tag at the end of wall 6 (facing front)

1,2,3,4 Rock/step R over L, Rock back on L, Rock/step back on R, Rock fwd on L (facing left diag) 6,7,8 Step fwd on R, Pivot 1/2 left, Step fwd on R, Pivot 1/2 left

I'll bet there are lots of us who can only afford to take a vacation in our dreams these days! There's nothing quite like music and dance to take us away from reality for a while.... Just as well I say, because sometimes reality is a real drag on the emotions. I find that a couple of hours of music and dancing is all it takes to recharge my batteries in Preparation for the next onslaught of life! (-:

Hope you enjoy this little dance and that the music does it for YOU too! See you on the floor sometime.... Jan

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墙数: 2