

# Sweet Dreamz

COPPERKNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Paul Clifton (UK) - January 2010  
音乐: Sweet Dreams - Beyoncé : (Album: I Am Sasha Fierce)



Intro 32 counts.

## S1: KNEE POPS WITH ¼ TURN RIGHT, KICK & POINT RIGHT & LEFT, KNEE POPS WITH ¼ TURN RIGHT.

1-2            Pop right knee in towards left, Make ¼ turn right on left popping right knee forward.  
3&4           Kick right forward, Step right next to left, Point left to left side.  
5&6           Kick left forward, Step left next to right, Point right to right side.  
7-8           Pop right knee in towards left, Make ¼ turn right on left popping right knee forward.

## S2: BACK ROCK, SHUFFLE ½ TURN REVERSE PIVOT ½ TURN, OUT OUT IN IN WITH TOUCH.

1-2            Step back on right, Recover weight forward onto left.  
3&4           Shuffle ½ turn left stepping R,L,R.  
5-6           Touch left toe back, Reverse ½ turn left ( weight on left )  
&7&8          Step right out to right side, Step left out to left side, Step right back to centre, Touch left next to right.

## S3: STEP FULL PIVOT, RIGHT LOCK STEP, SYNCOPATED DIAGONAL ROCK STEPS.

1-2            Step left forward, Pivot full turn right on ball of left lifting right heel across left shin.  
3&4           Step right forward, Lock left behind right, Step right forward.  
5-6&          Rock left diagonally forward left, Recover onto right, Step left next to right.  
7-8           Rock right diagonally back right, Recover onto left.

## S4: LUNGE RIGHT, BEHIND SIDE CROSS, LUNGE LEFT, SAILOR ¾ TURN LEFT.

1-2            Lunge right to right side, Recover onto left,  
3&4           Step right behind left, Step left to left side, Cross step right over left.  
5-6           Lunge left to left side, Recover onto right.  
7&8           ¼ turn left stepping left behind right, ¼ turn left stepping right next to left, ¼ turn left & cross left over right.

## S5: VINE RIGHT, HEEL JACK & CROSS, VINE LEFT, ¼ TURN RIGHT, KICKBALL STEP.

1-2            Step right to right side, Step left behind right.  
&3&4          Step slightly back on right, Dig left heel diagonally forward left, Step slightly back on left, Cross step right over left.  
5-6           Step left to left side, Step right behind left.  
&7&8          Make ¼ turn right stepping left next to right, Kick right forward, Step right next to left, Step left forward.

## S6: DOROTHY ½ TURN, DOROTHY ¼ TURN, SYNCOPATED ROCKING CHAIR, HEEL SPLITS.

1-2&          Step right forward, Lock left behind right, Make ½ turn left stepping right next to left.  
3-4&          Step forward on left, Lock right behind left, Make ¼ turn right stepping left next to right.  
5&6&          Rock forward on right, Recover onto left, Rock Back on right, Recover onto left.  
7&8           Step right forward, Split both heels out, Bring both heels back in ( weight forward on right ).

## S7: PIVOT ½ TURN RIGHT, TRIPLE FULL TURN RIGHT, STEP, HOLD, & WALK R,L.

1-2            Step left forward, Pivot ½ turn right.  
3&4           Travelling forward triple a full turn right stepping L,R,L.  
5-6           Step right forward, Hold.  
&7-8          Step left next to right, Walk forward R,L.

**S8: HEEL & TOE SWITCHES WITH ½ TURN LEFT, HEEL & TOE SWITCHES WITH ¼ TURN LEFT.**

- 1&2            Dig right heel forward, Step right next to left, Touch left toe back.  
3&4            Make ½ turn left on right & dig left heel forward, Step left next to right, Touch right toe back.  
5&6            Dig right heel forward, Step right next to left, Touch left toe back.  
7&8            Make ¼ turn left on right & dig left heel forward, Step left next to right, Touch right toe back.
-