

# Sweet Dreamz

**COPPER** KNOB  
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.**

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|-----|---|
| 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. |
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