

Nightmare

拍數: 48 牆數: 2 級數: Phrased Intermediate
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音樂: Nightmare - Joya Marleen



Intro: Start after 16 counts, Sections: AA- B -AA -B - Bridge 4 x -BB

Part A: 16 Counts

S1: walk, walk, side rock cross flick, back, back, coaster step

1-2 Step RF fwd, Step LF fwd
3&4& Step RF side, recover, cross RF over LF, LF flick behind
5-6 Step RF back, Step LF back
7&8 Step RF back, LF next to right, RF Step fwd, weight on your left

S2: Step, pivot ½, triple full turn, walk, walk, cross, back, side, touch

1-2 Step RF fwd, make a ½ turn left, weight on your right
3&4 Make a full turn left stepping RLF, weight on your right
5-6 Step LF fwd, Step RF fwd
7&8& Cross LF over RF, Step RF back, LF beside RF, Touch RF next to LF

Part B: 32 Counts

S3 : out, out, coaster step fwd, back back, coaster step back,

1-2 Step RF out to right diagonal, Step LF out to left diagonal
3&4 Step RF fwd, Step LF beside RF, Step RF back
5-6 Step LF back, Step RF back
7&8 Step RF back, LF next to right, RF Step fwd, weight on your left

S4 : out, out, coaster step fwd, sailor step, sailor step ¼ (3.00)

1-2 Step RF out to right diagonal, Step LF out to left diagonal
3&4 Step RF fwd, Step LF beside RF, Step RF back
5&6 LF sweep behind RF, step RF beside L, Rock to RF, recover to LF
7&8 RF sweep behind LF with ¼ turn, Step LF beside RF, Rock to LF recover to RF

S5 : out, out, behind, side, cross, side touch, kick ball cross

1-2 Step LF out to left diagonal, Step RF out to right diagonal
3&4 LF behind RF, Step RF beside LF, Step LF cross RF
5-6 Step R, LF beside RF with a touch
7&8 LF kick diagonal (1.30), LF step beside RF, RF over LF

S6 : back ¼ (6.00), fwd, shuffle fwd, pivot ½, pivot ½

1-2 LF back with ¼ turn to the right, RF step fwd
3&4 LF step fwd, RF beside LF, LF step fwd
5-6 RF step fwd, ½ turn to left weight on your left
7-8 RF step fwd, ½ turn to left weight on your left

Bridge: 8 counts, 4 x dancing (12.00 - 9.00 - 6.00 - 3.00)

S1: Sweep cross, side rock, cross, back ¼ (9.00), step, step, (sweep) cross and cross

1-2 RF sweep over LF, cross, weight on RF
3&4 LF side rock left, recover on RF, LF cross over RF, weight on LF
5-6 Step back RF with ¼ turn to left, L step fwd
7&8& R Step fwd, LF cross over RF (sweep optional), RF side, LF cross over RF, weight on your left

-1.12.2020 ard/as
