

# 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

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