

# Dream Work

拍數: 32      牆數: 4      級數: Improver  
編舞者: Mary Pentangelo (USA) - May 2024  
音樂: I Had Some Help (feat. Morgan Wallen) - Post Malone



Intro is 32 counts – Starts with right foot, weight on left

## [1-8] Rocking Chair, Stomp, Hold, Behind-Side-Cross

1-4            RF rock forward, recover on LF, RF rock back, recover on LF  
5-6            RF stomp to the side, hold count 6  
7-8            LF step behind right, RF step to the side, LF cross in front of right.

## [9-16] Rock Recover, Sailor Step, Tap Hip bump L and R

1-2            RF rock to the side, recover left with a ¼ turn to the right  
3-4            RF sailor step (end towards next wall)  
5-6            LF tap with hip bump, LF replace next to right  
7-8            RF tap with hip bump, RF taps next to left

**RESTART 16 counts into Wall 4 (but you will be facing Wall 5)**

## [17-24] Lindy Right, Lindy Left

1-4            RF side cha-cha, LF rock back, recover on right  
5-6            LF side cha-chas, RF rock back, recover on left

## [25-32] Rock Recover Switch, Knee Pops Back

1-2            RF rock forward, recover on left  
&            quick switch (replace) for left foot  
3-4            LF rock forward, recover on right  
& 5            LF steps back, pop right knee  
& 6            RF steps back, pop left knee  
& 7            LF steps back, pop right knee  
& 8            RF steps back, pop right knee  
& 1 –        to restart next wall, quick switch giddy up to start with right foot

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