

Bad Dreams

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BY STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Heather Jayne Endall (AUS) - September 2024
音樂: Bad Dreams - Teddy Swims : (Spotify, Amazon Music)



Intro: After 32 counts as main beat and lyrics kick in.

NO TAGS NO RESTARTS - Clockwise

SECTION 1: FWD, SIDE TOUCH, FWD, SIDE TOUCH, SHUFFLE BACK X 2

1,2,3,4 Step R Fwd, Touch L to L side, Step L Fwd, Touch R to R side
5&6,7&8 Step R back, Step L next to R (&), Step R back, Step L back, Step R next to L (&), Step L back (weight remains on L)

SECTION 2: ¼ TURN, WEIGHT TRANSFER, ½ TURN, STEP BESIDE, BACK, HOLD, COASTER

1,2,3,4 Step R ¼ turn R to [3:00], Transfer weight to L, Step R ½ turn L to [9.00], Step L next to R
5,6,7&8 Step R back, Hold, Step L back, Step R beside L (&), Step L Fwd

SECTION 3: STEP, SCUFF, STEP, SCUFF, ROCK HIPS X4

1,2,3,4 Step R Fwd, Scuff L, Step L Fwd, Scuff R
5,6,7,8 Step R Fwd on slight diagonal pushing R hip Fwd, Transfer weight to L rocking hip back, Transfer weight to R rocking hip Fwd, Transfer weight back on L rocking hip back

SECTION 4: SIDE, HIP SWAY, SIDE, HIP SWAY, FWD, ½ TURN HEEL BOUNCES

1,2,3,4 Step R to R side with hip sway R, Touch L toe to L, Weight on L with hip sway L, Touch R toe to R
5,6,7,8 Step R Fwd, bounce both heels turning L 3 times to [3:00]

Thanks for your interest in my dance "Bad Dreams" to this awesome brand new song by Teddy Swims, titled Bad Dreams.

I hope you enjoy the wonderful music from Teddy Swims. Please feel free to get in touch with any feedback, questions or issues with the step sheet.

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