

Bad Dreams

拍數: 64 牆數: 2 級數: Improver
編舞者: Bertha Arseneau (CAN) - March 2025
音樂: Bad Dreams - Teddy Swims



Intro: 32 counts

One restart on wall 6 after 32 counts

Sequence: A, B, A, B, A, A, B, A, B, A, B

PART A: 32 Counts

[Sec. 1] STEP, TOGETHER, STEP FWD, TOUCH, STEP DIAGONALLY L, TOGETHER, TURN, SWEEP

1,2,3,4 Step RF to R [1], step LF next to R [2], step RF fwd [3], touch LF next to RF [4]

5,6 Step LF diagonally to 1/8 L [5], step RF next to LF [6], step LF diagonally to 1/8 L [7] 9:00

7,8 Sweep RF over LF to 1/4 L [8] 6:00

[Sec. 2] CROSS, SIDE, BEHIND, SWEEP, BEHIND, SIDE, CROSS, HOLD

1,2,3,4 Cross RF across LF [1], step LF to L side [2], step RF behind RF [3], sweep LF behind RF [4]

5,6,7,8 Step LF behind RF [5], step RF to R [6], cross LF over RF [7], hold [8] 12:00

[Sec. 3 & 4 of A] Repeat Section 1 & 2 ending on 12:00

RESTART HERE ON WALL 6, FACING 12:00

PART B: 32 Counts

[Sec.1] SHUFFLE R, ROCK BACK, RECOVER, SHUFFLE L, ROCK BACK RECOVER

1&2, 3,4 Step RF to R [1], step LF next To RF [&], step RF to R [3], rock LF back [3], recover on RF [4]

5&6, 7,8 Step LF to L [5], step RF next To LF [&], step LF to L [6], rock RF back [7], recover on LF [8]

[Sec. 2] KICK BALL CROSS, KICK BALL CROSS, MONTERY 1/4 TURN

1&2 Kick RF fwd [1], step on ball of RF [&], cross LF over RF [3]

2&3 Kick RF fwd [1], step on ball of RF [&], cross LF over RF [4]

5,6 Point RF to R [5], to 1/4 turn R step RF next to LF [2], 3:00

7,8 Point LF to L [7], step LF next to RF [8]

[Sec. 3 & 4 of B] Repeat Section 1 & 2 ending on 6:00

ENJOY!!

Last Update: 24 Mar 2025