

拍數: 64                      牆數: 4                      級數: Intermediate  
編舞者: Judy McDonald (CAN)  
音樂: Sweet Dreams My la Ex - Rachel Stevens



**RIGHT TOUCH, SWEEP, RIGHT BALL CROSS, RIGHT STEP SIDE, LEFT STEP BEHIND, RIGHT SIDE ROCK & CROSS**

1                      Touch right beside left  
2-3                    Lift right slightly off floor and sweep from front to back  
&4                    Step right behind left, step left across in front of right  
5-6                    Step right to side, step left behind right  
&7-8                   Step right to side, step left in place, step right across in front of left

**LEFT STEP SIDE, RIGHT STEP BEHIND, LEFT SIDE ROCK & CROSS, RIGHT SHUFFLE BACK, LEFT SHUFFLE BACK**

1-2                    Step left to side, step right behind left  
&3-4                   Step left to side, step right in place, step left across in front of right

**You will be moving back after this, so prep your step to make the transition easier. In other words, this can be a "cross over while stepping slightly back" step**

5&6                    Step right back, step left beside right, step right back  
7&8                    Step left back, step right beside left, step left back

**RIGHT ROCK BACK, LEFT STEP, RIGHT ROCK FORWARD, LEFT STEP, RIGHT ROCK BACK, LEFT STEP, RIGHT ¼ PIVOT, LEFT STEP**

1-4                    Step right back, step left in place, step right forward, step left in place  
5-8                    Step right back, step left in place, step right forward, pivot ¼ left step in place

**RIGHT ROCK FORWARD, LEFT STEP, RIGHT COASTER, LEFT SHUFFLE FORWARD, RIGHT KICK STEP TOUCH**

1-2                    Step right forward, step left in place  
3&4                    Step right back, step left beside right, step right forward  
5&6                    Step left forward, step right beside left, step left forward  
7&8                    Right kick forward, step right beside left, touch left beside right

**LEFT STEP, RIGHT SWEEP, RIGHT BALL CHANGE, RIGHT STEP DIAGONAL BACK, LEFT CROSS BALL CROSS, RIGHT STEP BACK**

1                      Step left to side  
2-3                    Lift right slightly off floor and sweep around and across left  
&4                    Step right across left and slightly back, step left back  
5-6                    Step right back and slightly right, step left across in front of right  
&7-8                   Step right back, step left across in front of right, step right back

**These counts will move back and slightly on a diagonal to the right**

**LEFT COASTER, RIGHT ROCK FORWARD, LEFT STEP, RIGHT ROCK SIDE, LEFT STEP, RIGHT CROSS SHUFFLE**

1&2                    Step left back, step right beside left, step left back  
3-4                    Step right forward, step left in place  
5-6                    Step right to side, step left in place  
7&8                    Step right across in front of left, step left to side, step right across in front of left

**LEFT SIDE ROCK STEP CROSS, RIGHT SIDE ROCK STEP CROSS**

1-3                    Step left to side, step right in place, step left across in front of right

4-6 Step right to side, step left in place, step right across in front of left  
7&8 Step left back, step right beside left, step left forward

**RIGHT KICK BALL CHANGE TWICE, RIGHT HEEL BOUNCE, LEFT HEEL BOUNCE, LEFT STEP**

1&2 Kick right forward, step right back, step left forward

3&4 Kick right forward, step right back, step left forward

**These steps move slightly forward**

5-6& Step right slightly forward and bounce heel twice, step right beside left

7-8& Step left slightly forward and bounce heel twice, step left beside right

**REPEAT**

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