

Fleeting Dreams

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 4 級數: Advanced
編舞者: Judi Overman
音樂: Dreams - The Corrs



Sequence: AAB, AAAB, CB, AA. The 'B' sequence only occurs on the words "Thunder Only Happens When It's Raining"

PART A

RIGHT DIAGONAL ROCK & RECOVER, (LEFT) ½ TURN, FORWARD SHUFFLE

1-2 Turning 1/8 right (45 degrees) step forward on left foot, recover weight to right foot
3&4 Turn ½ left step forward left foot, close right foot to left, step forward left foot

LEFT BACK PIVOT, BACK STEP, TWO (2) FORWARD KICKS

5-8 Turning ½ left - step back on right foot, step back on left foot, two forward kicks right foot

Styling note: second kick is higher than the first, adding a more graceful flow to the movements

9-12 Turning 1/8 left (towards the front wall) close right foot & touch left toe forward slightly (heel raised), kick left foot forward, cross step left foot in front of right, point right foot to right

THREE FORWARD TRAVELING SAILOR SHUFFLES

13&14 Cross step right foot, left side rock, recover weight to right foot
15&16 Cross step left foot, right side rock, recover weight to left foot
17&18 Repeat counts 13&14

RIGHT TURNING SAILOR SHUFFLE

19&20 Step left foot behind right, turn ¼ right as you step right foot right, recover weight to left foot

DIAGONAL BACK ROCK 2, SIDE SHUFFLE

21-22-23&24 Turning 1/8 turn right (45 degrees) - back step on right foot, turning 1/8 turn left (45 degrees) recover weight to left foot, step right foot to right, close left foot to right foot & step right foot to right

FORWARD ROCK 2, BACK LOCKING SHUFFLE

25-26-27&28 Step left foot forward, recover weight back to right foot, step back on left foot, lock right foot in front of left foot & step back on left foot

BACK STEP & HIP FLIP, BACK 'LOCKING' STEP

29&30 Small step back right foot pushing right hip back, rock weight forward to left foot pushing left hip forward, recover to right foot again pushing right hip back
31&32 Step back on left foot, lock right foot in front of left & step back on left foot

BACK ROLL 2, FORWARD SHUFFLE

33-34 Turning ½ right (pivot on left foot) step forward on right foot, turn ½ right (pivot on right foot) step back on left foot
35&36 Turning ½ right (pivot on left foot) step forward on right foot, close left foot to right foot & step forward on right

FORWARD ROCK 2, & SPOT TURN ¾ LEFT

37-38-39&40 Step left foot forward, recover weight to right foot, turning ¾ left step left, right, left

SIDE STEP, CROSS STEP, SIDE SHUFFLE

41-42-43&44 Step right foot to right, cross left foot behind right, step right foot to right, close left foot to right foot & step right foot to right

CROSS, UNWIND, BACK PADDLE & HIP FLIP

445-46-47&48 Cross left foot over right foot, unwind $\frac{1}{2}$ turn right (keeping weight on left foot), step right foot back pushing hip right, shift weight to left foot pushing hip left turning $\frac{1}{4}$ right & recover weight to right foot

PART B

FORWARD ROCK & BASIC LEFT CHA-CHA TURN

1-2-3&4 Rock forward left foot, recover, $\frac{1}{2}$ left turn (left, right, left)

FORWARD ROCK, RECOVER, COASTER STEP

5-6-7&8 Rock forward right foot, recover, coaster step

The coaster step can be replaced with a full turn to the right (right-left-right). A more advanced dancer would find this more challenging for themselves

FORWARD STEP, $\frac{3}{4}$ PIVOT, VINE 2, SIDE

9-10-11&12 Step forward left, pivot $\frac{3}{4}$ right recovering weight to right foot, step left foot left & cross right behind, step left foot to left side

CROSS, UNWIND, BACK PADDLE & HIP FLIP

13-14-15&16 Cross right foot in front of left, unwind $\frac{1}{2}$ left, back step left foot- pushing hip left, shift weight to right foot pushing hip right, turning $\frac{1}{4}$ right & recover weight to left foot

FORWARD ROCK & BASIC RIGHT CHA-CHA TURN

17-18-19&20 Rock forward left foot, recover, $\frac{1}{2}$ right turn (right, left, right)

FORWARD ROCK, RECOVER, COASTER STEP

21-22-23&24 Rock forward left foot, recover, coaster step

The coaster step can be replaced with a left full turn (left-right-left). A more advanced dancer would find this more challenging for themselves

25-26-27&28 Step forward right foot, pivot $\frac{3}{4}$ left recovering weight to left foot, step right foot to right & cross left behind, step right foot to right side

CROSS, UNWIND, BACK PADDLE & HIP FLIP

29-30-31&32 Cross left foot in front of right, unwind $\frac{1}{2}$ right, step back right foot -pushing right hip, shift weight to left foot pushing hip left, turning $\frac{1}{4}$ right & recover weight to right foot

PART C (SHORT 'A')

1-30 Repeat Part A steps 1-30

BACK STEP, CLOSE

31-32 Step left foot back, close right foot to left
