

Dream On

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Heidi Noorland (NL)
音樂: Sweet Dreams My la Ex - Rachel Stevens



SYNCOPATED VINE TO THE LEFT WITH KICK

1-2 Step left to the side, cross right behind left
3-4 Step left to the side, cross right over left
5-6 Step left to the side, cross right behind left
7-8& Step left to the side and 1/8 turn right, touch right to the side, kick right to right side

SYNCOPATED VINE TO THE RIGHT WITH KICK

1-2 Turn 1/8 to left and step right to the side, cross left behind left
3-4 Step right to the side, cross left over left
5-6 Step right to the side, cross left behind left
7-8& Step right to the side and 1/8 turn left, touch left to the side, kick left to left side

MAMBO STEP BACK LEFT, 3X WALK FORWARD TOE/HEEL

1-2 Mambo step with left backwards, weight back on right with 1/8 turn right
3-4 Step left forward with toe heel
5-6 Step right forward with toe heel
7-8 Step left forward with toe heel

3X WALK BACK TOE/HEEL, SIDE KICK RIGHT LEFT

1-2 Step left back with toe heel
3-4 Step right back with toe heel
5-6 Step left back with toe heel

Restart here during 6th wall

7-8 Kick right to the side step back in place, kick left to the side step back in place

KICKBALL CHANGE RIGHT, ¼ TURN RIGHT, SIDE KICK RIGHT LEFT RIGHT

1&2 Kick right forward, step back in place on the ball of the feet, step in place with left
3-4 Step right to the side with a ¼ turn right, step left besides right
5-6 Kick right to right step back in place kick left to left step back in place
7-8 Kick right to right, step back in place

FULL ROCK STEP TURN LEFT

1-2 ¼ turn left on the ball on left foot rock step with right to the right side, weight back on left
3-4 Repeat 1-2
5-6 Repeat 1-2
7-8 Repeat 1-2

TOE/HEEL BACK WITH RIGHT, TOUCH LEFT IN FRONT WITH ARMS, HOLD

1-2 Step right back with toe heel
3 Touch left toes beside right side of right (weight is on right) bend left arm in front of body

Lean right elbow on left fist and rest right hand under your chin

4 Hold
5-6 Step left forward with toe heel
7-8 Step right besides left with toe heel

Arm moves, hold

1-2 Left arm to the left side, right arm to the right side(your arms are straight)
3 Bring your hands together on chest height move up to face height

- 4 Move down to chest height
- 5-6 Put left hand on left hip. Move right arm to the right side bend your arm so your right hand is on face height. Bring your face to the right. So your face is in front of the palm of your right hand look down to the ground. While doing arm moves 5-6 you step right to the right side, left crosses behind right (weight is still on right)
- 7-8 Hold

REPEAT

RESTART

Restart in the 6th wall after count 30 (after the walk back with toe/heel)
