

Sweet Dreamz

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Paul Clifton (UK) - January 2010
音樂: Sweet Dreams - Beyoncé : (Album: I Am Sasha Fierce)



Intro 32 counts.

S1: KNEE POPS WITH ¼ TURN RIGHT, KICK & POINT RIGHT & LEFT, KNEE POPS WITH ¼ TURN RIGHT.

1-2 Pop right knee in towards left, Make ¼ turn right on left popping right knee forward.
3&4 Kick right forward, Step right next to left, Point left to left side.
5&6 Kick left forward, Step left next to right, Point right to right side.
7-8 Pop right knee in towards left, Make ¼ turn right on left popping right knee forward.

S2: BACK ROCK, SHUFFLE ½ TURN REVERSE PIVOT ½ TURN, OUT OUT IN IN WITH TOUCH.

1-2 Step back on right, Recover weight forward onto left.
3&4 Shuffle ½ turn left stepping R,L,R.
5-6 Touch left toe back, Reverse ½ turn left (weight on left)
&7&8 Step right out to right side, Step left out to left side, Step right back to centre, Touch left next to right.

S3: STEP FULL PIVOT, RIGHT LOCK STEP, SYNCOPATED DIAGONAL ROCK STEPS.

1-2 Step left forward, Pivot full turn right on ball of left lifting right heel across left shin.
3&4 Step right forward, Lock left behind right, Step right forward.
5-6& Rock left diagonally forward left, Recover onto right, Step left next to right.
7-8 Rock right diagonally back right, Recover onto left.

S4: LUNGE RIGHT, BEHIND SIDE CROSS, LUNGE LEFT, SAILOR ¾ TURN LEFT.

1-2 Lunge right to right side, Recover onto left,
3&4 Step right behind left, Step left to left side, Cross step right over left.
5-6 Lunge left to left side, Recover onto right.
7&8 ¼ turn left stepping left behind right, ¼ turn left stepping right next to left, ¼ turn left & cross left over right.

S5: VINE RIGHT, HEEL JACK & CROSS, VINE LEFT, ¼ TURN RIGHT, KICKBALL STEP.

1-2 Step right to right side, Step left behind right.
&3&4 Step slightly back on right, Dig left heel diagonally forward left, Step slightly back on left, Cross step right over left.
5-6 Step left to left side, Step right behind left.
&7&8 Make ¼ turn right stepping left next to right, Kick right forward, Step right next to left, Step left forward.

S6: DOROTHY ½ TURN, DOROTHY ¼ TURN, SYNCOPATED ROCKING CHAIR, HEEL SPLITS.

1-2& Step right forward, Lock left behind right, Make ½ turn left stepping right next to left.
3-4& Step forward on left, Lock right behind left, Make ¼ turn right stepping left next to right.
5&6& Rock forward on right, Recover onto left, Rock Back on right, Recover onto left.
7&8 Step right forward, Split both heels out, Bring both heels back in (weight forward on right).

S7: PIVOT ½ TURN RIGHT, TRIPLE FULL TURN RIGHT, STEP, HOLD, & WALK R,L.

1-2 Step left forward, Pivot ½ turn right.
3&4 Travelling forward triple a full turn right stepping L,R,L.
5-6 Step right forward, Hold.
&7-8 Step left next to right, Walk forward R,L.

S8: HEEL & TOE SWITCHES WITH ½ TURN LEFT, HEEL & TOE SWITCHES WITH ¼ TURN LEFT.

- 1&2 Dig right heel forward, Step right next to left, Touch left toe back.
3&4 Make ½ turn left on right & dig left heel forward, Step left next to right, Touch right toe back.
5&6 Dig right heel forward, Step right next to left, Touch left toe back.
7&8 Make ¼ turn left on right & dig left heel forward, Step left next to right, Touch right toe back.
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