

Sweet Dreams

COPPER KNOB
STEPPERS

拍數: 64 牆數: 4 級數: Beginner / Easy Improver
編舞者: Martie Papendorf (SA) - June 2010
音樂: Sweet Dreams (Are Made of This) - Eurythmics : (Album: Sweet Dreams Are Made Of This)



Intro: 16 counts, start on vocals.

(1-8) SIDE, TOUCH, KICK, KICK, SIDE, TOUCH, SIDE, TOUCH

1-4 Step L to L, Touch R next to L, Low Kick R frwd 2x
5-8 Step R to R, Touch L next to R, Step L to L, Touch R next to L (12.00)

**(1-8) CRABWALK R - SIDE, STEP, SIDE, STEP, SIDE, STEP, SIDE, TOUCH or
(DOWN, UP, DOWN, UP, DOWN, UP, DOWN, TOUCH)**

1-2 Step R small step R dropping R shoulder (raise L shoulder), Step L next to R leveling
 shoulders
3-8 Repeat ending in a touch on L foot

(1-8) SIDE, TOUCH, SIDE, TOUCH, FORWARD RUN, HOLD

1-4 Step L to L, touch R next to L, step R to R, touch L next to R
5-8 Shuffle/ Run frwd 3 small steps L, R, L, HOLD

(1-8) SIDE, TOUCH, SIDE, TOUCH, BACKWARD RUN, HOLD

1-4 Step R to R, Touch L next to R, Step L to L, Touch R next to L
5-8 Shuffle / Run 3 small steps back R, L, R, HOLD

(1-8) CROSS ROCK, SIDE, HOLD, CROSS ROCK, SIDE, HOLD

1-4 Rock L across R, Recover on R, Step L side, HOLD
(arms raised to shoulder height bent at elbows opposing leg movement)
5-8 Repeat on R

(1-8) CROSS ROCK, TURN, HOLD, CROSS ROCK, SIDE, HOLD

1-4 Rock L across R, turn ¼ L stepping R back, step L to L side, HOLD (9.00)
5-8 Rock R across L, recover to L, step R to R side, HOLD

(1-8) SIDE, TOUCH, SIDE TOUCH, CHASSE LEFT, TOUCH

1-4 Step L to L, touch R next to L, step R to R, touch L next to R
5-8 Step L to L side, close R next to L, step L to L side, touch R next to L

(1-8) SIDE, TOUCH, SIDE TOUCH, CHASSE RIGHT, TOUCH

1-4 Step R to R, touch L next to R, step L to L, touch R next to L
5-8 Step R to R, close L next to R, step R to R, touch L next to R