Sweet Dreams, Beautiful Nightmare (甜美惡夢) (zh)

Count: 64 **Wall:** 4 **Level:** Intermediate/Advanced
Choreographer: Steven Ooi - 2009年12月
Music: Sweet Dreams - Beyoncé

第一段	**Heel, Touch, Together, Behind, Step, Drag & Touch, Rock & Cross Unwind 踵, 點, 併, 後, 踏, 拖併點, 下沉回復 併交叉繞轉**
1&2	Touch left heel forward, step left together, touch right toe behind 左足踵前點, 左足併踏, 右足趾後點
3-4	Big step to R, Drag L into a touch next to R. 左足左一大步, 左足拖併點
5-6	Rock back with left, recover to right 左足後下沉, 右足回復
&7-8	Step left together, cross right over left, unwind ½ turn (6.00) 左足併踏, 右足於左足前交叉踏, 繞轉180度(面向6點鐘)
第二段	**Step, Touch, Side, Touch, Turn, Touch, & Walk Walk.** **踏, 點, 側, 點, 轉, 點, 併走走**
1-2	Step left diagonally forward left, Touch right beside left. 左足左斜角前踏, 右足併踏
3-4	Step right to right side, Touch left beside right. 右足右踏, 左足併踏
5-6	¼ turn left step left to left side, Touch right beside left. 左轉90度左足左踏, 右足併點
&78	Step right beside left, Walk forward left, Walk forward right (3.00) 右足併踏, 左足前走, 右足前走(面向3點鐘)
第三段	**Together. Touch. Touch out. Drag. Step point. ¼ point. Back. Back.** **併, 點, 側點, 拖, 踏點, 拖, 踏點, 1/4點, 後 後**
1-3	Step left beside right. Touch right beside left. Touch right to right side. 左足併踏, 右足併點, 右足右點
4&5	Drag right up to left. Step right beside left. Touch left to left side. 右足拖併, 右足併踏, 左足左點
6	Make ¼ left keeping weight on right & left toes touched forward. 左轉90度重心在右足左足趾前點
7-8	Walk back left. Walk back right (12.00) 左足後走, 右足後走(面向12點鐘)
第四段	**Sailor ½ left. Step. Lock. Step. step. Sailor ¼ right.** **轉水手, 踏 鎖 踏, 踏 , 1/4 轉水手**
1&2	Sailor ½ turn left. 左180度轉水手
3-6	Step right slightly to right diagonal. Lock left behind right. Step right slightly to right diagonal. Step left slightly to left diagonal 右足略右斜角前踏, 左足於右足後鎖踏, 右足略右斜角前踏, 左足略左斜角前踏
7&8	Cross step right behind left making ¼ right. Step left to left. Make a large step to right. (9.00) 右足於左足後踏, 右轉90度左足左踏, 右足右一大步(面向9點鐘)

第五段　L Back Rock, L Chasse, R Back Rock, R Kick & Point.
左後下沉, 左追步, 右後下沉, 右踢併點

1-2　Rock left behind right, Recover onto right.
左足於右足後下沉, 右足回復

3&4　Step left to left side, Close right beside left, Step left to left side.　左足左踏, 右足併踏, 左足左踏

5-6　Rock right behind left, Recover onto left.
右足於左足後下沉, 左足回復

7&8　Kick right forward, Step right beside left, Point left to left side (9.00)　右足前踢, 右足併踏, 左足左點(面向9點鐘)

第六段　Step, Cross, Side, Behind-Side-Cross, Side, Behind-Side-Cross
踏, 交叉, 側, 後-旁-交叉, 側, 後-旁-交叉

1&2　Step L forward, turn ¼ right step onto R, step L over R
左足前踏, 右轉90度右足踏, 左足於右足前交叉踏

3　Step R to right side　右足右踏

4&5　Step L behind R, step R to right side, step L over R
左足於右足後踏, 右足右踏, 左足於右足前交叉踏

6　Step R to right side　右足右踏

7&8　Step L behind R, step R to right side, step L over R (12.00)
左足於右足後踏, 右足右踏, 左足於右足前交叉踏(面向12點鐘)

第七段　R Dorothy, L Dorothy, Pivot ½ L, Pivot ¼ L
右桃樂蒂, 左桃樂蒂, 踏 轉, 踏 1/4

1-2&　Step R forward diagonally, lock L behind R, step R forward diagonally
右足於右斜角前踏, 左足於右足後鎖踏, 右足於右斜角前踏

3-4&　Step L forward diagonally, lock R behind L, step L forward diagonally
左足於左斜角前踏, 右足於左足後鎖踏, 左足於左斜角前踏

5-6　Step R forward, pivot ½ L　右足前踏, 左軸轉180度

7-8　Step R forward, pivot ¼ L (3.00)　右足前踏, 左軸轉90度(面向3點鐘)

第八段　Kick & Point, & Cross, Side, Behind, ¼ L, Pivot ¼ L, Cross
踢 併 點, 併 交叉, 側, 後, 左1/4, 踏 1/4, 交叉

1&2&　Kick R forward, step R beside L, point L to L, step L beside R
右足前踢, 右足併踏, 左足左點, 左足併踏

3-4　Cross R over L, step L to L　右足於左足前交叉踏, 左足左踏

5-6　Step R behind L, make ¼ turn L step L forward
右足於左足後踏, 左轉90度左足前踏

7&8　Step R forward, pivot ¼ L, cross R forward L (9.00)
右足前踏, 左軸轉90度, 右足於左足前交叉踏(面向9點鐘)
