

Bad Dreams

Choreographed by Liz Gardiner

Music: Bad Dreams – Teddy Swims

Dance Description: 32 Counts, 4 Walls, Beginner

Starts on lyrics after 32 counts, weight on L, R toe pointed to R side

3.04 mins BPM 125 Ver 1



No tags or restarts

Cross R over L, Weave - L to L side, R behind, L to L side, Cross Rock R over L, Recover L, Side Shuffle R

1 2 3 4 Cross R over L, L to L side, R behind, L to L side,

5 6 7&8 Cross R over L, Recover L, Side Shuffle R

Cross Lover R, Weave - R to R side, L behind R, R to R side, Cross Rock L over R, Recover R, 1/4 L shuffle

1 2 3 4 Cross L over R, R to R side, L behind R, R to R side, Cross Lover R, Recover R, 1/4 L shuffle (9.00)

5 6 7&8 Step R back, Step L beside R, Step R forward (600)

1/4 L Kick ball change, Kick ball change, Jazz box

1&2 Kick R foot forward, Turn 1/4 L stepping R beside L, Step L beside R (kick ball change) (6.00)

3&4 Kick R foot forward, Step R beside L, Step L beside R (kick ball change)

5 6 7 8 Cross R over L, Step L back, Step R to R side, Step L beside R

Forward R rocking chair, R Forward, Pivot 1/2 L, R Forward, Pivot 1/4 L

1 2 3 4 Step R forward, Recover L, Step R back, Recover L

5 6 7 8 Step R forward, Pivot 1/2 L, Step R forward, 1/4 L pivot (9.00)

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