

# School Dance Styles

Ecole de Danse

## MY BAD DREAMS

Count: 64 Wall: 2 Level: Easy Intermediate

Choreographer: Gregory Danvoie (BEL) - September 2024

Music: Bad Dreams - Teddy Swims

### **S1. Rock back, recover, side rock, recover, cross over, side step, cross behind, back flick**

- 1-2 RF rock back, recover on LF
- 3-4 RF side rock to the R side, recover on LF
- 5-6 RF cross over LF, LF step to the L side
- 7-8 RF cross behind LF, LF flick back to the L side

### **S2. Cross over, step back with ¼ turn, step back, touch over, step-lock-step fwd, scuff**

- 1-2 LF cross over RF, RF step back with ¼ turn to the R (09:00)
- 3-4 LF step back, RF touch over LF
- 5-6 RF step forward, LF lock behind RF
- 7-8 RF step forward, LF scuff

### **S3. Cross over, side step, cross behind, back sweep, cross behind, step fwd with ¼ turn, rock fwd, recover**

- 1-2 LF cross over RF, RF step to the R side
- 3-4 LF cross behind RF, RF back sweep
- 5-6 RF cross behind LF, LF step forward with ¼ turn to the L (06:00)
- 7-8 RF rock forward, recover on LF

### **S4. Out-out, in, cross over, step back with ¼ turn, side step, cross rock, recover**

- 1-2 RF step forward to the R diagonal, LF step forward to the L diagonal (out-out)
- 3-4 RF step to the center (in), LF cross over RF
- 5-6 RF step back with ¼ turn to the L, LF step to the L side (03:00)
- 7-8 RF cross rock over LF, recover on LF

### **\*STEP MODIFICATION + RESTART wall 3**

### **S5. Toe strut fwd with ¼ turn, side toe strut with ¼ turn, back rock, recover, side step with elvis knees**

- 1-2 RF touch forward with ¼ turn to the R, RF step slightly forward (06:00)
- 3-4 LF touch to the L side with ¼ turn to the R, LF step slightly to the L side (09:00)
- 5-6 RF back rock, recover on LF
- 7-8 RF step to the R side and turn L knee in bumping R, recover on LF and turn R knee in bumping L

Cathy MERIOT - Chorégraphe / Instructor

106 I chemin des Jardins

83920 LA MOTTE en PROVENCE

tél : 06.61.17.10.82 courriel : [cathy.meriot83@sfr.fr](mailto:cathy.meriot83@sfr.fr)

[www.schooldancestyles.fr](http://www.schooldancestyles.fr)

# School Dance Styles

Ecole de Danse

## **S6. Toe strut fwd with ¼ turn, side toe strut with ¼ turn, back rock, recover, side step with elvis knees**

- 1-2 RF touch forward with ¼ turn to the R, RF step slightly forward (12:00)
- 3-4 LF touch to the L side with ¼ turn to the R, LF step slightly to the L side (03:00)
- 5-6 RF back rock, recover on LF
- 7-8 RF step to the R side and turn L knee in bumping R, recover on LF and turn R knee in bumping L

## **S7. Side step, touch over, side step, touch behind, vine with ¼ turn, scuff**

- 1-2 RF step to the R side, LF touch forward over RF
- 3-4 LF step to the L side, RF touch back behind LF
- 5-6 RF step to the R side, LF cross behind RF
- 7-8 RF step forward with ¼ turn to the R side, LF scuff (06:00)

## **S8. Cross over, step back diagonal X2, cross over, step back diagonal, step together, swivel**

- 1-2 LF cross over RF, RF step back to the R back diagonal
- 3-4 LF step back to the L diagonal, RF cross over LF
- 5-6 LF step back to the L diagonal, RF step next to LF
- 7-8 Swivel both heels to the R, recover (weight on L)

**\*Step modification + restart at wall 3 after the 4th section**

### **Change the last 2 counts of the 4th section :**

- 1-2 RF step forward to the R diagonal, LF step forward to the L diagonal (out-out) (06:00)
- 3-4 RF step to the center (in), LF cross over RF
- 5-6 RF step back with ¼ turn to the L, LF step to the L side (03:00)
- 7-8 RF rock forward with ¼ turn to the L, recover on LF (12:00)



**Cathy MERIOT** - Chorégraphe / Instructor

106 I chemin des Jardins

**83920 LA MOTTE en PROVENCE**

tél : 06.61.17.10.82 courriel : [cathy.meriot83@sfr.fr](mailto:cathy.meriot83@sfr.fr)

[www.schooldancestyles.fr](http://www.schooldancestyles.fr)