

Beautiful Nightmare

INTERMEDIATE

64 Count 2 Walls

Choreographed by: Helen J Spaven

Choreographed to: Sweet Dreams by Beyonce

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- 1 Scuff out out, bend, rising shoulder pops.**
1 & 2 scuff right foot. Step out right left.
3 - 4 bend body down over right leg keeping legs and back straight.
5 - 8 from right 2 left bringing body back upright, pop shoulders right left for 8 counts i.e every 1/2 count starting on 5.
- 2 Heel struts, knee twist with lean, pose.**
1 - 2 step right heel forward. Take weight dropping right toe.
3 - 4 Step left heel forward. Take weight dropping left toe.
5 & 6 on ball of right twist right knee out. Twist right knee back in. Lean back at 45 degree angle (body should follow line of how right leg is now positioned).
7 - 8 hands in fist and raised up at chest level, starting from right bring arms around in semi circle to left shoulder. Freeze and hold the pose for 1 count.
- 3 Snake sways, right kick and point, touch unwind.**
1 - 4 Sway body from right to left twice making the effect of an S shape (like a snake).
5 - 6 kick right foot forward. Bring right back to place and point left toe to side.
7 - 8 touch left behind right. Unwind 3/4 turn left.
- 4 1/4 turn touch, left heel vaudeville, left sailor, walk right left right.**
& 1 - 2 turning 1/4 turn right step right forward. Touch left next to right.
3 & 4 step left in front of right. Step right foot back as you place left heel forward at a diagonal.
5 & 6 step left behind right. Step right to right side. Step left to left side.
7 & 8 walk forward right left right.
- 5 Toe struts, left rock and cross, side behind 1/4 right.**
1 - 2 step left toe to left side. Take weight dropping right heel.
3 - 4 step right toe across left. Take weight dropping right heel.
5 & 6 rock left to left side. Recover weight onto right. Cross left over right.
7 & 8 step right to right side. Step left behind right. Turning 1/4 turn right stepping right forward.
- 6 Step touch, walk right left out, bend knees in and out, step look.**
1 - 2 step left to left side. Touch right next to left.
3 & 4 walk forward right left. Step right out to right side.
5 & 6 bend knees in by turning toes in. Twist knees out by turning heels in. Return to normal.
& 7 - 8 step left foot back and right foot forward (&7). Look to left.
- 7 Double kick, left coaster, right rock and cross, side behind 1/4 left.**
1 - 2 kick right foot forward twice.
3 & 4 step left foot back. Step right next to left. Step left forward.
5 & 6 rock right to right side. Recover weight onto left. Cross right over left.
7 & 8 step left to left side. Step right behind left. Turning 1/4 left step left forward.
- 8 Step touch, and heel and cross, full triple turn, step touch.**
1 - 2 step right forward. Touch left behind.
& 3 & 4 step left back and bring right heel forward. Step right to place and cross left over right.
5 & 6 full triple turn right stepping right left right.
7 - 8 step left to place. Touch right next to left.
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