

SWEET PORTLAND DREAMS

Intermédiaire+ – 64 comptes – 2 murs

Chorégraphe : Amy Glass (USA), Rebecca Lee (MY),
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Musique : Sweet Dreams (Are Made of This) - Eurythmics 2005 Remaster)

Style : Novelty

Source : Copperknob – Intro : 16 comptes - Restart : Walls 2 – 3 -and 5

WALK RLR, DIAMOND ¼ L, BEHIND, 1/8 L SIDE L, R STEP LOCK STEP

- 1-3 Walk R fwd (1), walk L fwd (2), walk R fwd (3) 1:30
4&5 Cross L over R (4), turn 1/8 L stepping R to R side (&), turn 1/8 L stepping L behind R (5) 10:30
6-7 Step back on R (6), turn 1/8 L stepping L to L side (7) 9:00
8&1 Step R fwd (8), lock L behind R (&), step R fwd (1) 9:00

ROCK L FWD, L BACK, ¼ R SIDE STEP R, HOLD, BALL SIDE, POINT L

- 2-3 Rock fwd on L (2), recover back on R (3) 9:00
4-5 Step back on L (4), turn ¼ R stepping R to R side (5) 12:00
6&7 HOLD (6), step L next to R (&), step R to R side prepping body slightly to R (7) 12:00
8 Point L to L side (8)

L ROLLING VINE, TOUCH TOGETHER, ½ TURN R WALK AROUND

- 1-4 Turn ¼ L stepping L fwd (1), turn ½ L stepping back on R (2), turn ¼ L stepping L to L side (3), touch R next to L (4) 12:00
5-8 Turn 1/8 R walking R fwd (5), turn 1/8 R walking L fwd (6), turn 1/8 R walking R fwd (7), turn 1/8 R walking L fwd (8)
... Restart here on wall 2 facing 12:00 turning 1/8 R to R diagonal 6:00

SYNCOATED R&L ROCKS FWD, BACK OUT OUT LR, POP R KNEE IN, POP R KNEE OUT, KICK R

- 1-2& Rock R fwd (1), recover back on L (2), step R next to L (&) 6:00
3-4 Rock L fwd (3), recover back on R (4) 6:00
&5 Step out and back on L (&), step out and back on R with R knee turned to R diagonal (5) 6:00
6-7-8 Twist on L toes popping R knee to L diagonal (6), turn R knee to R diagonal (7), kick R fwd (8) ... Note: body has now turned to 7:30 7:30

BEHIND SIDE CROSS, L STEP LOCK STEP, STEP ½ L, LOOK OVER R SHOULDER

- 1-3 Cross R behind L (1), turn 1/8 L stepping L to L side (2), turn 1/8 L stepping R fwd (3) 4:30
4&5 Step L fwd (4), lock R behind L (&), step L fwd (5) 4:30
6-7-8 Step R fwd (6), turn ½ L keeping weight on R (7), look over R shoulder (8) 10:30

BOUNCE HEAD 4 TIMES, WALK RL, ¼ L BIG STEP SLIDE TO R SIDE

- 1-4 Bounce head 4 times each time turning head 1/8 L making sure to change weight to L foot on count 4 (1-4) 10:30
5-6 Walk R fwd (5), walk L fwd (6) 10.30
7-8 Turn ¼ L stepping R a big step to R side (7), drag L towards R (8) 7:30

BALL CROSS, HOLD, BALL BEHIND, HOLD, & 1/8 L ROCK FWD, RECOVER SWEEP 1/8 R, BACK ROCK R

- &1-2 Step L next to R (&), cross R over L (1), HOLD (2) 7:30
&3-4 Step L to L side (&), cross R behind L (3), HOLD (4) 7.30
&5-6 Step L to L side (&), turn 1/8 L cross rocking R over L (5), recover on L with 1/8 R sweeping R out to R side (6) 7.30
7-8 Rock back on R popping L knee fwd (7), recover on L (8) ... Restart here on walls 3 & 5 7.30

FULL TURN CHA CHA WALK AROUND

- 1-4 Step R fwd (1), turn ¼ L stepping L fwd (2), step R fwd (3), turn ¼ L stepping L fwd (4) 1:30
5-8 Step R fwd (5), turn ¼ L stepping L fwd (6), step R fwd (7), turn ¼ L stepping L fwd (8)
Styling for counts 1-8: use your hips rolling them counter clock-wise when stepping fwd 7:30

Ending Wall 8 is your last wall (starts facing 6:00). Finish dance on count 32 facing the front ... 12:00

During wall 4, facing 12:00. there's a break in the song during counts 29-32. Do the following: Look down into floor when stepping back out out (&5), Hold (6), Hold (7), look up and kick R to R diagonal (8) 12:00

Et on recommence avec le sourire