

# Nightmare

Choreographer: Astrid Romy Diener (CH) und Angela Studer (CH), November 2020

Description: 48 counts – Part A: 16 Counts, Part B: 32 Counts, 2 Walls, Phrased Intermediate

Music: Nightmare von Joya Marleen (CH)

Intro: Start after 16 counts, Sections: AA- B -AA -B – **Bridge 4 x -BB**

## Part A: 16 Counts

<b>S1: walk, walk, side rock cross flick, back, back, coaster step</b>	
1-2	Step RF fwd, Step LF fwd
3+4+	Step RF side, recover, cross RF over LF, LF flick behind
5-6	Step RF back, Step LF back
7+8	Step RF back, LF next to right, RF Step fwd, weight on your left

<b>S2: Step, pivot ½, triple full turn, walk, walk, cross, back, side, touch</b>	
1-2	Step RF fwd, make a ½ turn left, weight on your right
3+4	Make a full turn left stepping RLF, weight on your right
5-6	Step LF fwd, Step RF fwd
7+8+	Cross LF over RF, Step RF back, LF beside RF, Touch RF next to LF

## Part B: 32 Counts

<b>S3 : out, out, coaster step fwd, back back, coaster step back,</b>	
1-2	Step RF out to right diagonal, Step LF out to left diagonal
3+4	Step RF fwd, Step LF beside RF, Step RF back
5-6	Step LF back, Step RF back
7+8	Step RF back, LF next to right, RF Step fwd, weight on your left

<b>S4 : out, out, coaster step fwd, sailor step, sailor step ¼ (3.00)</b>	
1-2	Step RF out to right diagonal, Step LF out to left diagonal
3+4	Step RF fwd, Step LF beside RF, Step RF back
5+6	LF sweep behind RF, step RF beside L, Rock to RF, recover to LF
7+8	RF sweep behind LF with ¼ turn, Step LF beside RF, Rock to LF recover to RF

<b>S5 : out, out, behind, side, cross, side touch, kick ball cross</b>	
1-2	Step LF out to left diagonal, Step RF out to right diagonal
3+4	LF behind RF, Step RF beside LF, Step LF cross RF
5-6	Step R, LF beside RF with a touch
7+8	LF kick diagonal (1.30), LF step beside RF, RF over LF

<b>S6 : back ¼ (6.00), fwd, shuffle fwd, pivot ½, pivot ½</b>	
1-2	LF back with ¼ turn to the right, RF step fwd
3+4	LF step fwd, RF beside LF, LF step fwd
5-6	RF step fwd, ½ turn to left weight on your left
7-8	RF step fwd, ½ turn to left weight on your left

**Bridge: 8 counts, 4 x dancing (12.00 - 9.00 - 6.00 - 3.00)**

<b>S1: Sweep cross, side rock, cross, back ¼ (9.00), step, step, (sweep) cross and cross</b>	
1-2	RF sweep over LF, cross, weight on RF
3+4	LF side rock left, recover on RF, LF cross over RF, weight on LF
5-6	Step back RF with ¼ turn to left, L step fwd
7+8+	R Step fwd, LF cross over RF (sweep optional), RF side, LF cross over RF, weight on your left

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