

INTO BAD DREAMS

32 Count, 4 Wall, Improver Line Dance

Choreographed by Chris Cleevely (UK) Oct 2024

Music: Bad Dreams by Teddy Swims (32 count intro)

Section 1 (Counts 1-8)

Step Forward R, Tap L Behind; Back L, Hook R; Forward R, Lock, R, Scuff

- 1 - 2 Step forward R, tap left toe behind
- 3 - 4 Step back on L, hook R across L
- 5 - 6 Step forward on R lock L behind
- 7 - 8 Step forward on R, scuff L beside

Section 2 (Counts 9-16)

Mambo 1/4 Left, Touch; Rolling Vine R (or R Grapevine)

- 1 - 2 Rock forward L, Recover weight on R
- 3 - 4 Turn 1/4 L, stepping to L side, touch R toe beside L (12 o'clock)
- 5 - 6 Turn 1/4 R, stepping forward on R, turn 1/2 R, stepping back on L (6 o'clock)
- 7 - 8 Turn 1/4 R stepping to R side, touch L toe beside R (3 o'clock)

Section 3 (Counts 17-24)

Step L, Drag R; Rock Back, Recover; R, Behind, 1/4 R, Hold (Optional Clap)

- 1 - 2 Take a large step L, drag R towards L (keeping weight on L)
- 3 - 4 Rock back on R, recover weight on L
- 5 - 6 Step R to R side, cross L behind R
- 7 - 8 Turn 1/4 R, stepping forward on R, hold & clap (12 o'clock)

Section 4 (Counts 25 – 32)

Step, Pivot 1/4 Turn R; Cross L over R, Step R; Cross L over R, Step R; Cross L over R, Sweep R

- 1 - 2 Step forward on L, pivot 1/4 turn R (9 o'clock)
- 3 - 4 Cross L over R, step R to R side
- 5 - 6 Cross L over R, step R to R side
- 7 - 8 Cross L over R, sweep R from back to front

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Youtube link: <https://youtu.be/kBh6gkOS5e8>