

Sweet Portland Dreams

64 count, 2 wall, High Intermediate level Cha Cha

Choreographer: Amy Glass, Rebecca Lee, Jean-Pierre Madge, Guyton Mundy, Simon Ward & Niels Poulsen

Choreographed to: "Sweet Dreams (Are Made of This)" by Eurythmics (2005 Remaster)

Intro: 16 counts from first beat in music, app. 8 secs into track. **Start facing 1:30**

Section 1 Walk RLR, Diamond 1/4 L, Behind-1/8 L, Lock Shuffle

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

Section 2 L Rock Step-Back-1/4 R, Hold-Ball-Side, Point L

- 2 3 Rock fwd on L, recover back on R
- 4 5 Step back on L, turn 1/4 R stepping R to R side (12:00)
- 6&7 Hold, step L next to R, step R to R side prepping body slightly to R
- 8 Point L to L side

Section 3 L Rolling Vine w. Touch, 1/2 R Walk Around

- 1 2 3 4 Turn 1/4 L stepping L fwd, turn 1/2 L stepping R back, turn 1/4 L stepping L to L side, touch R next to L
- 5 6 Turn 1/8 R walking R fwd, turn 1/8 R walking L fwd (3:00)
- 7 8 Turn 1/8 R walking R fwd, turn 1/8 R walking L fwd (6:00)

*** *Restart here on wall 2 facing 12:00 turning 1/8 R to 1:30*

Section 4 Syncopated Rocks R&L fwd, Out-Out w. R Knee Out, Pop R Knee In-Pop R Knee Out, Kick R

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

Section 5 Slow Behind-1/8 L Side-1/8 L Cross, Lock Shuffle, Step 1/2 L, Look over R Shoulder

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

Section 6 Bounce Head 4x, Walk R-L, 1/4 L Big Step, Drag L to R

- 1 2 3 4 Bounce head 4 times each time turning head 1/8 L *making sure to change weight to L foot on count 4*
- 5 6 Walk R fwd, walk L fwd
- 7 8 Turn 1/4 L stepping R a big step to R side, drag L towards R (7:30)

Section 7 & Cross-Hold, & Behind-Hold, & 1/8 L Rock fwd, 1/8 R Recover w. Sweep, Back Rock

- &1 2 Step L next to R, cross R over L, Hold
- &3 4 Step L to L side, cross R behind L, Hold
- &5 6 Step L to L side, turn 1/8 L cross rocking R over L, recover on L with 1/8 R sweeping R from front to back
- 7 8 Rock back on R popping L knee, recover on L

*** *Restart here on walls 3 & 5 facing 7:30*

Section 8 Full Turn Walk Around w. Hip Rolls

- 1 2 Step R fwd, turn 1/4 L with hip roll stepping L fwd (4:30)
- 3 4 Repeat Counts 1 2 (1:30)
- 5 6 Repeat Counts 1 2 (10:30)
- 7 8 Repeat Counts 1 2 (7:30)

Quelle:

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