Bad Dreams

Level: Easy Intermediate **Genre:** Pop
Artist: Teddy Swims
Choreo: Irmgard Huddy *irmgard999@gmail.com*
Speed: 95-100% **Length:** 3.04
Sequence: Intro A B Chorus C A B Chorus C Ending
Wait: 16 beats

Quick Cues **Quick Cues**

Intro: (16 beats)
16 **2** Toe Heel Clogover **(L&R)**

Part A: (32 beats)
8 Rock Slur
8 Louisiana Step **(1/2R)**
8 Rock Slur
8 Samantha Heel Pivot **(1/2R)**

Part B: (32 beats)
4 Unclog Basic
4 Triple **(Diag L)**
4 Unclog Basic **(Rft)**
4 Triple **(Diag R)**
4 Unclog Basic
4 Triple **(Diag L)**
8 Clogover Slur **(R-BK)**

Chorus: (64 beats)
8 Natasha
8 Appalachian **(Rft)**
8 Michael Step **(Rft)**
8 MC Strut **(Rft)**
32 REPEAT OPP FTWK & DIR

Part C: (32 beats)
8 Clogover Slur **(L)**
4 Windster **(Rft)**
4 Donkey
16 REPEAT OPP FTWK & DIR

Part A: (32 beats)
8 Rock Slur
8 Louisiana Step **(1/2R)**
8 Rock Slur
8 Samantha Heel Pivot **(1/2R)**

Part B: (32 beats)
4 Unclog Basic
4 Triple **(Diag L)**
4 Unclog Basic **(Rft)**
4 Triple **(Diag.R)**
4 Unclog Basic
4 Triple **(Diag.L)**
8 Clogover Slur **(Rft-BK)**

Chorus: (64 Beats)
8 Natasha
8 Appalachian **(Rft)**
8 Michael Step **(Rft)**
8 MC Strut **(Rft)**
32 REPEAT OPP FTWK & DIR

Part C: (32 beats)
8 Clogover Slur **(L)**
4 Windster **(Rft)**
4 Donkey
16 REPEAT OPP FTWK & DIR

Ending: (32 Beats)
8 Toe Heel Clogover **(L)**
8 **2** Slur Basic **(R&L)**
8 Toe Heel Clogover **(R)**
4 Slur Basic **(L)**
4 Triple Stomp **(Rft)**

ACA 25th Jun '26

Amended 30th Sept '26

Step Definitions – Bad Dreams

TOE HEEL CLOGOVER:

T-H(OTS)	T-H(XIF)	T-H(OTS)	T-H(XIB)	T-H(OTS)	T-H(XIF)	T-H(OTS)	RS
L L	R R	L L	R R	L L	R R	L L	RL
& 1	& 2	& 3	& 4	& 5	& 6	& 7	&8

ROCK SLUR:

DS(OTS)	SLR-S(XIB)	R S(OTS)	SLR-S(XIB)	R S(OTS)	SLR-S(XIB)	RS BR SL
L	R R	L R	L L	R L	R R	LR L R
&1	& 2	& 3	& 4	& 5	& 6	&7 & 8

LOUISIANA STEP:

[DS DS DS DS](FWD)	(P)	S(BK)	(P)	S(BK)	PVT(1/2 R)	S(FWD)	(P)	S(FWD)
L R L R		L		R	R	L		R
&1 &2 &3 &4	&	5	&	6	&	7	&	8

SAMANTHA HEEL PIVOT:

DS DS(XIF)	DR S(BK)	DR S(BK)	R H(WGT)	PVT(1/2 R)	S DS RS
L R	R L	L R	L R	R	L R LR
&1 &2	& 3	& 4	& 5	&	6 &7 &8

UNCLOG BASIC:

STA-STO	SK	SL	DS	RS
L L	R	L	R	LR
& 1	&	2	&3	&4

TRIPLE:

DS	DS	DS	RS
L	R	L	RL
&1	&2	&3	&4

CLOGOVER SLUR: (In this dance move back on &5-&8 when directed)

DS(OTS)	DS(XIF)	DS(OTS)	SLR S(XIB)	DS(OTS)	DS(XIF)	DS(OTS)	RS
R	L	R	L R	R	L	R	LR
&1	&2	&3	& 4	&5	&6	&7	&8

NATASHA:

DS-DR/K	SL	DS(XIB)	R(OTS)	S(XIF)	K/DR-SL	K/DR-SL	DS(XIB)	R(OTS)	S(XIF)
L L/R	L	R	L	R	L/R R	L/R R	L	R	L
&1 &	2	&3	&	4	& 5	& 6	&7	&	8

APPALACHIAN:

DS-DR	S	S-DR	S	S	DS	DS	DS	RS
L L	R	L L	R	L	R	L	R	LR
&1 &	2	& 3	&	4	&5	&6	&7	&8

MICHAEL STEP:

DS	DS(OTS)	LOOP/SC	S(XIB)	DR/K	SL	DS(XIB)	R(OTS)	S(XIF)	K/DR-SL	K/DR-SL
L	R	L /R	L	L/R	L	R	L	R	L/R R	L/R R
&1	&2	&	3	&	4	&5	&	6	& 7	& 8

MC STRUT:

H-FL(OTS)	T-H(XIB)	H-FL(F)	H-FL(OTS)	T-H(XIB)	H-FL(F)	H-FL(OTS)	T-H(XIB)
L L	R R	L L	R R	L L	R R	L L	R R
& 1	& 2	& 3	& 4	& 5	& 6	& 7	& 8

WINDSTER:

DS	BR(XIF)	H	BR(X)	H	RS	(BR CAN BE DT)
L	R	L	R	L	RL	
&1	&	2	&	3	&4	

DONKEY:

DS	TCH(XIF)	H	TCH(F)	H	RS
L	R	L	R	L	RL
&1	&	2	&	3	&4

SLUR BASIC:

DS(OTS)	SLR-S(XIB)	DS	RS
L	R R	L	RL
&1	& 2	&3	&4

TRIPLE STOMP:

DS	DS	DS	STO	STO
R	L	R	L	R
&1	&2	&3	&	4