

# DEEP INSIDE YOUR DREAMS

Choreography: Ron & Mary Noble, 14767 East 53<sup>rd</sup> Drive Yuma, AZ 85367 (928) 345-0760  
Cell phone (503) 623-3782

Record: CD Casa Musica "The Ballroom Mix 4", track 6, Lisa Eckdahl  
Phase: VI Foxtrot a "soft" Foxtrot [Rdancer@aol.com](mailto:Rdancer@aol.com) www.RMNoble.com  
Footwork: Opposite, directions for man (lady as noted) Timing reflects wt changes  
Sequence: Intro, A, A, B, A, C, B, A mod, Ending Revised May 9, 2007

## - INTRO -

- 1 - 4 **Both facing WALL in tandem W in front Man's hands on Women's waist trail ft free WAIT intro notes HOLD LUNGE SD; LUNGE LEFT (W FWD 2 TRNG & RONDE BHND M) ; LUNGE RIGHT & SIT (W SYNCOP VINE 3 & SIT); FEATHER to LOD (W REC & ROLLS to BJO):**
- S 1 [TANDEM WALL HOLD LUNGE RIGHT] W in front trail ft free for both Wait intro notes & 2 beats Lunge sd looking at partner;
- (- S) 2 [LUNGE LEFT W ROLL RT 2 & RONDE BHND MAN] Lunge sd L, -, -, -; (W fwd R rolling rt fc, sd L cont trn, ronde R cw, XRIB;)
- S - - (W QSQ) 3 [LUNGE RIGHT & SIT W SYNCOP VINE LF in 3 to a SIT & HOLD] Lunge sd R, -, sit bk (&QQS) L, -; (W sd L/XRIF, sd L trng rt fc 1/4, sit bk on R looking at partner, -;)
- S S (SQQ) 4 [FEATHER to LOD W REC ROLLS to BJO] M rec R, -, fwd L, fwd R to LOD (W rec L trn (SQQ) rt fc 1/4 still looking at M, -, cont trn fwd R, cont trn bk L;)

## - A -

- 1 - 5 **REVERSE WAVE;; SPIN & DOUBLE TWIST;;**
- 1-2 [REVERSE WAVE] Fwd L trng lf fc, -, cont trn sd R, bk L; bk R, -, bk L, bk R fc RLOD; (W bk R trng lf fc, -, cont trn cl L to R heel trn, fwd R; fwd L w/heel lead, -, fwd R w/heel lead, fwd L;)
- SQQ 3-5 [SPIN & DOUBLE TWIST] Bk L pivoting rt fc, -, fwd R heel to ball cont trn, sd L DLW; - QS cross R in bk of L/unwind rt fc, cont unwind fwd R rising, sd L DLW; cross R in bk of (&QQS) L/unwind rt fc, cont unwind fwd R rising, sd L to CP DRW; (W fwd R pivoting rt fc, -, bk L cont trn, cl R to L DLC; fwd L/R arnd M, fwd L trng rt fc to FC DLC, fwd R; fwd L/R arnd (&QQS) M, fwd L trng rt fc, fwd R to CP DRW;)
- 6 - 8 **FEATHER FINISH; SYNCOP TWIST VINE 4; TWIST 2 & FEATHER ENDING;**
- 6 [FEATHER FINISH] Bk R trng lf fc, -, fwd L, fwd R outside W to CBMP DLW; (W fwd L, -, sd R, bk L to CBMP;)
- &S&S 7 [SYNCOP TWIST VINE 4] Sd L/XRIB, -, sd L/XRIF, -; (W sd R/XLIF, -, sd R/XLIB, -;)
- QQQQ 8 [TWIST 2 & FEATHER ENDING] Sd L, XRIB, fwd L, fwd R to CBMP LOD; (W sd R, XLIF, bk R, bk L;) note: 2<sup>nd</sup> & 3<sup>rd</sup> time to DLC.

## - B -

- 1 - 4 **REVERSE TURN;; THREE STEP; NAT'L TURN a HALF;**
- 1-2 [REVERSE TURN] Fwd L starting to trn lf fc, -, sd R cont trn to CP RLOD, bk L; bk R starting to trn lf fc, -, cont trn sd & fwd L DLW, fwd R to CBMP; (W bk R starting to trn lf fc, -, cont trn cl L to R with heel trn, fwd R to CP; fwd L starting to trn lf fc, -, sd R, bk L;)
- 3 [THREE STEP] With heel leads on steps 1 & 2 fwd L, -, fwd R, fwd L on ball of foot to CP; (W back three steps passing feet R, -, L, R;)
- 4 [NAT'L TURN a HALF] Starting to trn rt fc fwd R, -, sd L cont trn, bk R to CP; (W starting to trn rt fc bk L, -, cont trn cl R to L with heel trn, fwd L to CP;)

**5 – 8      IMPETUS (SCP); CHAIR, REC, SD; SWAY APT & TOG; SWAY APT & QK FEATHER:**

- 5    **[IMPETUS (SCP)]** Bk L commencing a rt fc trn, -, cont trn cl R to L with heel trn, sd & fwd L to SCP DLC; (W fwd R pivoting a half, -, cont trn sd L arnd M, sd & fwd R to SCP;)  
 6    **[CHAIR, REC, SD]** Lunge thru R, -, rec L, sd R; (W lunge thru L, -, rec R, sd L;)  
 7-8 **[SWAY APART & TOG; SWAY APART & QK FEATHER]** Sway apart L, -, rec R  
 SS S&QQ touching lead hnds, -; sway apart L, -/fwd R, fwd L, fwd R to CBMP LOD; (W sway apt R, -, rec tog L touching lead hnds, -; sway apt R, -/fwd L, sd L trng lf fc, bk R to CBMP;)

**- C -**

**1 – 5      QUICK CHNG of DIRECT to DLC; TELESPIN to SCP;; FEATHER:**

- QS -      1    **[QUICK CHNG of DIRECT to DLC]** Fwd L, fwd R trng lf fc to CP DLC, draw, cont draw; (W bk R, bk L trng lf fc, draw, cont draw to DLC;)  
 SQ-/-    2-3 **[TELESPIN to SCP]** Fwd L starting a lf fc trn, -, cont trn sd R, sd & bk L with partial  
 QQS      wt/start a lf fc trn; taking wt on L spin lf fc, cont trn sd R, cont trn sd & fwd L to SCP DLW,  
 (W SQQ&    -; (W bk R starting a lf fc trn, -, cont trn cl L to R heel trn, cont trn fwd R/fwd L; fwd R  
 QQS)      starting a lf fc toe spin, cont trn cl L, cont trn sd & fwd R to SCP DLW, -;)  
 4    **[FEATHER]** Fwd R, -, fwd L, fwd R to CBMP DLW; (W fwd L starting to trn lf fc, -, sd R, bk L to CBMP DLW;)

**5 – 8      THREE STEP; INTERRUPTED CONTINUOUS HOVER CROSS:::**

- 5    **[THREE STEP]** Repeat meas. 3 of Part B  
 SQQ    6-8 **[INTERRUPTED CONTINUOUS HOVER CROSS]** Fwd R starting a rt fc trn, -, cont trn sd  
 QQQQ    L, cont trn sd R; fwd L outside partner, rec R, fwd L, cl R to L chng sway; bk L leading  
 QQQQ    with rt side, bk R to CP, sd & fwd L leading with lf side, fwd R to CBMP DLC; (W bk L  
 starting a rt fc trn, -, bk R to L heel trn, sd L to CP; bk R to SCAR, rec L, bk R, sd L to CP;  
 fwd R outside partner, fwd L to CP, sd & fwd R, bk L in CBMP;)

**- A mod -**

**1 – 5      [REVERSE WAVE::; SPIN & DOUBLE TWIST to WALL:::]**

- 1-5 Repeat meas. 1 – 5 of Part A

**6 – 8      FEATHER FINISH W ROLLS OUT to FACE WALL MEN in 2; VINE 5 & SHIMMY::**

- SS      6    **[FEATHER FINISH W ROLLS OUT to FACE WALL MEN in 2]** Bk R, -, sd L to FC  
 (SQQ)    WALL, -; (W fwd L, -, sd R trng lf fc, sd L to FC WALL;)  
 QQQQ    7-8 **[VINE 5 & SHIMMY]** Both XRIF, sd L, XRIB, sd L; XRIF & hold looking at M while W  
 S - -    shimmies her shoulders, -, -, -;

**- ENDING -**

**1 – 5      VINE 3 & TCH (W RKS SD 4) LUNGE W SHIMMY;; (W FWD 2 TRNG & RONDE BHND M); W CONT RONDE & STPS SD (M HOLD & STP SD; XRIF & HEADS TOG;**

- QQQ-    1    **[VINE 3 & TCH (W RKS SD 4)]** Sd L, XRIB, sd L, tch R; (W sd L, rec R, sd L, rec R;)  
 (QQQQ)  
 S      2    **[LUNGE W SHIMMY]** Lunge R, -, -, -; (W Lunge L looking at M & shimmy, -, -, -;)  
 SS      3    **[MAN LUNGE & REC (W FWD 2 TRNG & RONDE BHND MAN)]** M lunge L, -, rec R, -;  
 (QS -)    (W fwd R rolling rt fc, sd L cont trn, ronde R cw, -; ) note: Extend ronde on "DREAM"  
 - - - Q    4    **[MAN HOLD & SD L (W CONT RONDE SD L)]** Man holds 3 beats,,, sd L; (W extends  
 (- - QQ)    RONDE, -, XRIB {on end of "DREAM"}, sd L; ) note: sd step is on the word "TO"  
 Q - -    5    **[XRIF & HEADS TOG]** XRIF taking lf arm up and over W's head placing on W's lf shldr,  
 heads tog, -, -; (W XRIF, heads tog, -, -; ) note: Crossing step is on the word "NIGHT"