

ONLY DREAMS

Music: Helene Fischer
www.amazon.com/english_ones
Track # 13 Time 3:31 Slow Down w/ -3%
Shortened from 2:45,87 to 3:25,6 to Time 2:50
Available from choreographer

Rhythm: Rumba & Cha Cha Phase: V+Unph figures

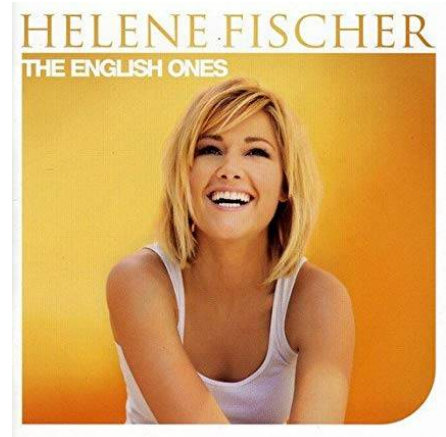
Footwork: Opposite except where (Noted)

Release Date: Jan 19

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Sequence: INTRO ABC INTRO(5-8) ABC ENDING



INTRO

01-04 CUDDLE POS WALL LEAD FOOT FREE WAIT 2 MEASURES START w/ RUMBA ; ; CUDDLE TWICE ; ;

{Wait} CUDDLE POS WALL Id ft free wt 2 meas & start w/ RUMBA ; ; **{Cuddle x 2}** Sd L, rec R, cl L placing L-hnd on W's R shldr blade (*W trng ½ RF bk R with free arm out to sd, rec L, fwd R plcg R-hnd on M's L shldr trng ½ LF*) to CP WALL, -; Sd R, rec L, cl R placing R-hnd on W's L shldr blade (*W trng ½ LF bk L with free arm out to sd, rec R, fwd L plcg L-hnd on M's R shldr trng ½ RF*) to CP WALL, -;

05-08 BASIC ½ INTO FULL NATURAL TOP ; ; ; ;

{Basic ½ Into Full Natural Top} Fwd L, rec R, sd L trng RF (*W bk R, rec L, fwd R btw M's ft*) to CP RLOD, -; Cont RF trn XRib, compg ¾ RF trn sd L, XRib (*W sd L, XRif btw M's ft, sd L*) to CP WALL, -; Cont RF trn sd L, XRib, cont RF trn sd L (*W XRif, cont RF trn sd L, XRif*), -; XLib, cont RF trn sd R, cls L (*W cont RF trn sd L, XRif, cls L*) end to CP WALL, -;

PART A RUMBA

01-04 CLOSED HIP TWIST INTO A FAN ; ; START STOP & GO INTO CROSS BODY to COH ; ;

{Closed Hip Twist to a Fan} Rk sd & slightly fwd L, rec R, cl L (*W trng RF ½ bk R, rec L trng LF ½, sd R small step, swivelg ¼ RF tch L*), -; Bk R, rec L, cl R (*W fwd L, sd & fwd R trng ½ LF, bk L leavg R xtnd fwd*), -; **{Start Stop & Go Into Cross Body}** Chk fwd L, rec R raising L arm to lead W to a LF underarm turn, sd L fcg wall bringing lead arm down sharply and placing R hand on W's bk to an "L" position (*W cl R, fwd L, fwd R, trng sharply ½ LF under jnd hands to fc LOD*), -; Bk R comm LF trn to CP, rec L comp LF trn to CP WALL, sd R (*W small fwd L comm LF trn, fwd & sd R to CP cont LF trn to fc ptr, sd L*) to BFLY COH, -;

05-08 FENCE LINE ; THRU SERPIENTE ; ; WHIP to WALL ;

{Fence Line} XLif (*W XRif*) w/ bent knee, rec R, sd L to BFLY COH, -; **{Thru Serpiente}** Thru R, sd L, XRib, flare L CCW (*W thru L, sd R, XLib, flare R CW*); XLib, sd R, thru L, flare R CCW (*W XRib, sd L, thru R, flare L CW*); **{Whip to WALL}** Bk R trng ¼ LF, rec L trng ¼ LF, sd R (*W fwd L long step ifo M, trng LF fwd & sd R, sd L to fc M*) to BFLY WALL, -;

PART B CHA CHA

01-04 SPRING BREAK ; M ACROSS/W INSIDE UNDERARM TURN ; SLINGSHOT CROSS BODY ; W OUT to FACE ;

{Spring Break} Rk fwd twd Wall L, rec R, anchor Lib of R/rec R, push off R to lunge sd LOD L (*W rk bk R, rec L, fwd twd M R/cl L while swvling ¼ RF to fc LOD, push off L to sit bk on R*) to end M fcg Wall and W fcg LOD w/ Id hnds jnd low while looking at ptr; **{M Across/W Insd Turn to "L" Pos}** Fwd R twd Wall stepping acrs frnt of W while trng ¼ RF to fc RLOD, sd L trng ¼ RF to fc COH while raising jnd Id hnds, chasse sd LOD R/L, R checkg sideward movement & catching W in r-arm (*W fwd LOD L, fwd R trng ½ LF undr jnd Id hnds, bk LOD L/ik Rif of L, bk L*) to "L" position w/ M fcg COH and W fcg RLOD; **{Slingshot Cross Body}** Lunge sd RLOD L looking at ptr, rec R, chasse sd RLOD L/R, L (*W bk & sd R LOD trng hips slightly RF, rec L to fc RLOD, fwd RLOD R/ik Lib of R, fwd R*); **{W Out to Fc}** Sm bk R comm to trn LF like a Slip Pvt, sm fwd L cont trn to fc Wall, chasse sd RLOD R/L,R (*W fwd L comm LF trn, fwd & sd R cont trn to fc COH, chasse sd & bk L/cl R, sd & bk L*) to BFLY WALL;

05-08 NEW YORKER ; AIDA ; SWITCH CROSS ; CUCARACHA RIGHT w/ ARMS :

{New Yorker} Thru L to LOP RLOD, rec R to fc, sd L/cl R, sd L ; **{Aida}** Thru R to fc LOD xg R hnd ovr L, sd L trng ½ RF to LOP RLOD, bk R/lk Lif, bk R to V bk-to-bk ; **{Switch Cross}** Trng LF to fc ptr bk & sd L, rec R to BFLY, XLif (*W XRif*)/sd R, XLif (*W XRif*) ; **{Cucaracha Right w/ Arms}** Sd R w/ partial wgt, rec L, ip R/L, R w/trail arms out to sd to BFLY WALL ;

PART C CHA CHA

01-04 OP BREAK & r-hndshk ; UNDERARM TURN ; BACK BREAK to OP LOD ; START PARALLEL BREAKS ;

{OP Break & r-hndshk} Strong bk L (*W strong bk R*) xtndg trl hnd straight up, rec R, sd L/cl R, sd L & r-hndshk ; **{Underarm Turn}** Raisg jnd r-hnds XRib, rec L to fc ptr, sd R/cl L, sd R (*W XLif trng RF undr jnd r-hnds, rec R contg RF trn, sd L/cl R, sd L*) to r-hndshk WALL ; **{Bk Break to OP LOD}** [Relg ld hands] XLib (*W XRib*) to OP LOD, rec R, fwd L/lk Rib, fwd L to OP LOD ; **{Start Parallel Breaks}** [w/ r-hndshk] Rk bk R leading W across in front, rec L, fwd R/lk L, fwd R to fc Line (*W fwd L trng ¼ Lf ifo M, fwd R trng ½ Lf to fcg LOD, fwd L/lk R, fwd L*) to LOP LOD [similar to W whip action] ;

05-08 FINISH PARALLEL BREAKS ; FENCE LINE ; REVERSE UNDERARM TURN ; WHIP to COH ;

{Finish Parallel Breaks} Fwd L trng ¼ Lf ifo W, fwd R trng ½ Lf to fcg LOD, fwd L/lk R, fwd L (*W rk bk R allowing M to pass across in front, rec L to fc, fwd R/lk L, fwd R*) to BFLY WALL [similar to M whip action] ; **{Fence Line}** XRif (*W XLif*) w/ bent knee, rec L, sd R/cl L, sd R to BFLY WALL ; **{Reverse Underarm Turn}** Raisg jnd ld hnds XLif w/ slight RF bdy trn, rec R, sd L/cl R, sd L (*W full LF trn undr jnd hnds XRif, rec L, fwd & sd R/cl L, sd R*) to BFLY ; **{Whip to COH}** Bk R trng LF & ldg W acrs, rec L contg LF trn (*W fwd L trng LF & xg ifo M, fwd & sd R contg LF trn, sd L/cl R, sd L*) sd R/cl L, sd R to BFLY COH ;

09-16 REPEAT MEAS (1-8) PART C to BFLY WALL ; ; ; ; ; ; ; ;

ENDING CHA CHA

01-04 OP HIP TWIST to FCG FAN LOD ; ; OP HIP TWIST to FCG FAN COH ; ;

{OP Hip Twist to Fcg Fan LOD} Chk fwd L, rec R, in plc L/R, L (*W bk R, fwd L, fwd R/lk Lib, fwd L pushg off M's braced hnd swvl ¼ RF*) ; Bk R, rec L trng ¼ LF to LOD, fwd R/lk Lib, fwd R (*W fwd L, trng LF sd R, cont LF trn bk L/lk Rif, bk L to fan pos*) ; **{OP Hip Twist to Fcg Fan COH}** Repeat meas 1,2 Ending to COH ; ;

05-08 CHASE w/ UNDERARM PASS ; ; NEW YORKER ; QUICK RUMBA AIDA & EXTEND ARMS ;

{Chase w/ Underarm Pass} Fwd L trng RF ½ keepg ld hnds jnd w/ palm upwards, rec R, fwd L/cl R, fwd L (*W bk R, rec L, fwd R/cl L, fwd R twd M's L sd*) ; Bk R raisg ld hnds, rec L, sd R/cl L, sd R (*W fwd L, fwd R trng ½ LF undr jnd ld hnds to fc ptr, sd L/cl R, sd L*) to BFLY WALL ; **{New Yorker}** Thru L to LOP RLOD, rec R to fc, sd L/cl R, sd L ; **{Quick Rumba Aida & Extend Arms}** [QQQQ] Thru R, sd L trng RF, bk R cont RF trn to V-bk-to-bk pos RLOD, xtndg lead hnd straight up ;