DEEP INSIDE YOUR DREAMS

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Record: CD Casa Musica “The Ballroom Mix 4”, track 6, Lisa Eckdahl
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Phase: Vi Foxtrot a “soft” Foxtrot Rrdancer@aol.com www.RMNoble.com
Footwork: Opposite, directions for man (lady as noted) Timing reflects wt changes

- INTRO -

Both facing WALL in tandem W in front Man’s hands on Women’s waist trail ft free
WAIT intro notes HOLD LUNGE SD; LUNG LEFT (W FWD 2 TRNG & RONDE BNHD M); LUNG RIGHT & SIT (W SYNCOPE VINE 3 & SIT); FEATHER to LOD (W REC & ROLL to BJO);

1 - 4
- - 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 - S) (- S) 2 [LUNG LEFT W ROLL RT 2 & RONDE BNHD MAN] Lunge sd L, -, -, -; (W fwd R rolling rt fc, sd L cont tm, ronde R cw, XRIB;)
S S (W QS) 3 [LUNG RIGHT & SIT W SYNCOPE VINE LF in 3 to a SIT & HOLD] Lunge sd R, -, sit bk (W sd L/XRIF, sd L trng rt fc 1/4, sit bk on R looking at partner, -)
SQQ (QS) 4 [FEATHER to LOD W REC ROLLS to BJO] M rec R, -, fwd L, fwd R to LOD (W rec L trn rt fc 1/4 still looking at M, -, cont tm fwd R, cont tm bk L;)

- A -

1 – 5
REVERSE WAVE:: SPIN & DOUBLE TWIST::

1-2 [REVERSE WAVE] Fwd L trng if fc, -, cont tm sd R, bk L; bk R, -, bk L, bk R fc RLOD; (W bk R trng if fc, -, cont tm cl L to R heel trm, 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 tm, sd L DLW; cross R in bk of L unwind rt fc, cont unwind fwd R rising, sd L DLW; cross R in bk of L unwind rt fc, cont unwind fwd R rising, sd L to CP DRW; (W fwd R pivoting rt fc, -, bk L cont tm, cl R to L DLC; fwd L/R arnd M, fwd L trng rt fc to FC DLC, fwd R; fwd L/R arnd M, fwd L trng rt fc to CP DRW;)

6 – 8
FEATHER FINISH; SYNCOPE TWIST VINE 4; TWIST 2 & FEATHER ENDING;

6 [FEATHER FINISH] Bk R trng if fc, -, fwd L, fwd R outside W to CBMP DLW; (W fwd L, -, sd R, bk L to CBMP;)
&S&S 7 [SYNCOPE TWIST VINE 4] Sd L/XRIB, -, sd L/XRIF, -, (W sd R/XLIF, -, sd R/XLIF, -)
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: 2nd & 3rd time to DLC.

- B -

1 – 4
REVERSE TURN:: THREE STEP; NAT’L TURN a HALF;

1-2 [REVERSE TURN] Fwd L starting to trn if fc, -, sd R cont tm to CP RLOD, bk L; bk R starting to trn if fc, -, cont tm sd & fwd L DLW, fwd R to CBMP; (W bk R starting to trn if fc, -, cont tm cl L to R with heel trn, fwd R to CP; fwd L starting to trn if 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 tm, bk R to CP; (W starting to trn rt fc bk L, -, cont tm cl R to L with heel trn, fwd L to CP;)
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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 amd 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**

- Sway apart L, /fwd R, fwd R to CBMP LOD; (W sway apt R, -fwd L, sd L trng if 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 if fc to CP DLC, draw, cont draw; (W bk R, bk L trng if 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 wt/start a lf fc trn; taking wt on L spin if fc, cont trn sd R, cont trn sd & fwd L to SCP DLW, -(W bk R starting a lf fc trn, -, cont trn cl L to R heel trn, cont trn fwd R/fwd L; fwd L starting a lf fc toe spin, cont trn cl L, cont trn sd & fwd R to SCP DLW, -)

**QQS**

4. [**FEATHER**] Fwd R, -, fwd L, fwd R to CBMP DLW; (W fwd L starting to trn if 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 L, cont trn sd R; fwd L outside partner, rec L, fwd R, cl R to L chng sway; bk L leading with rt side, bk R to CP, sd & fwd L leading with If 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 WALL, -(W fwd L, -, sd R trng if fc, sd L to FC WALL;)

**QQQ 7-8** [**VINE 5 & SHIMMY**] Both XRIF, sd L, XRIB, sd L; XRIF & hold looking at M while W 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;)

**QQQ-2** [**VINE W SHIMMY**] Lunge R, -, -, -; (W Lunge L looking at M & shimmy, -, -)

3. [**MAN LUNGE & REC (W FWD 2 TRNG & RONDE BHND MAN)**] M lunge L, -, rec R, -;

(QS -)

4. [**MAN HOLD & SD L (W CONT RONDE SD L)**] Man holds 3 beats,,., sd L; (W extends RONDE, -, XRIB (on end of "DREAM"), sd L; note: sd step is on the word "TO"

4. [**XRIF & HEADS TOG**] XRIF taking if arm up and over W’s head placing on W’s lf shldr, heads tog, -, -; (W XRIF, heads tog, -;)

4. [**XRIF & HEADS TOG**] XRIF taking if 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"