



Dream and Rewind

High Intermediate, 56 counts, 2 walls

Choreographed by: Urban Danielsson & Chrstina Johnsson (SWE), January 2026

Music: Dream and Rewind by Martin Lönegren

Intro: 20 counts

Section 1: Side, behind, ¼ turn step forward, pivot ½ turn, ¼ turn step side, behind, side, cross, sway, ¼ turn, step, spiral turn

- 1 Step left a big step to left side while dragging right toes towards left
2& Step right behind of left, ¼ turn left step left forward (9:00)
3 – 4 Step right forward, pivot ½ turn left step down on left foot
&5 ¼ turn left step right to right side, step left behind of right (12:00)
6&7 Step right to right side, step left across in front of right, sway/rock right to right side (prepare for turn)
8& Recover ¼ turn left step left forward, step right forward and start a spiral turn left full turn with weight on right foot, left foot hooked against right skin) (9:00)

**Restart: Restart here on wall 2 changing the last step 8& to following:
8& Step left to left side, step right next to left**

Section 2: Hook, run, run, run, rock, recover, ½ turn step forward, rock, recover, step back, rock, recover

- 1 Finish spiral turn with left foot hooked against right skin (9:00)
2&3 1/8 turn step left forward, step right forward, step left forward (7:30)
4&5 Rock right forward Recover onto left foot, ½ turn right step right forward (1:30)
6&7 Rock left forward, recover wight onto right, step back on left
8& Rock right foot back, recover weight onto left

Section 3: Prissy walk forward x 3, anchor step, ½ turn, ½ turn, sweep, behind, side

- 1 – 3 Turn 1/8 right step right forward slightly across of left, step left forward slightly across or right, step right forward slightly across of left (3:00)
4&5 Rock on left foot behind of right, recover/rock on right foot, step back on left foot
6 – 7 ½ turn right step right forward, ½ turn right step left back while sweeping right foot around from front to back (3:00)
8& Step right behind left, step left to left side

Section 4: Cross, sway, sway, behind-side-forward, press, recover, rock back

- 1 – 3 Step right across of left foot, sway body to left side, recover and sway to the right
4&5 Step left behind of right, step right to right side, turn 1/8 right and step left forward (4:30)
6 – 7 Press on right toes to right side, recover on left foot
8 Rock back on right foot (sway body slightly back).

Section 5: Recover, ½ turn with bumps x 2, cross, back, back, cross, back

Note: *After wall 4 (all counts) walls 5 and 6 will start from Section 5 facing back wall.*

- 1 Step left forward (4:30)
2&3 ¼ turn left step right to right side bump right hip to right, step left next to right while bump left hip to left, ¼ turn left step right back while bump right hip back (10:30)
4&5 ¼ turn left step left to left side bump left hip to left, step right next to left while bump right hip to right, ¼ turn left step left forward while sweeping right foot from back to front (4:30)
6&7 Cross right over left foot, step back on left, step back diagonally back on right foot
8& Cross left over right, step back on right foot

Section 6: 3/8 turn step forward, chase turn, lockstep forward, ½ turn coaster step, forward

- 1 Turn 3/8 to left and step left forward (12:00)
2&3 Step right forward, pivot ½ turn and step down on left foot, Step right foot forward (6:00)
4&5 Step left foot forward, lockstep right foot behind of left, step left foot forward
6&7 ½ turn left step back on right foot, step left next to right, step right forward (12:00)
8 Step left forward

Bridge: Swivels (bridge on every wall)

- 1 Swivel both feet ½ turn right weight still on left (6:00)
2 Recover swivel both feet ½ turn left weight on right (12:00)

Section 7: ¼ turn sway, rumba box, rock, recover, ¼ turn sway/rock

- 1 ¼ turn left sway/rock left to left side
2&3 Step right to right side, step left next to right, step right forward
4&5 Step left to left side, step right next to left, step left back
6 – 7 Sway/rock right foot back, recover weight onto left
8 ¼ turn left sway/rock right foot to right side (6:00)

Ending: Continue to dance even if the song is slowing down, you will finish after section 6 facing front wall.

RESTART and ENJOY!

Notes:

Every wall has a bridge, that means that the dance will be 58 counts. The bridge will happen after 48 counts.

Walls 5 and 6 will start from section 5 (count 33) in the dance and will start and end on the back wall.

