

# Nightmare

Competition Step Sheet

**DIVISION: Intermediate Junior, Teen & Young Adult**

Description: 32 Counts, 4 Walls, Street, Non-Country  
Choreographer: Daina Peters  
Music: Grown Woman by Beyonce  
Count-in: 16 Count Intro  
Note: Some arm movements shown in the video are optional; please see script below for compulsory arm movements.



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- 1-8 Hand Grab, Double Punch, ½ Turn, Double Punch, Step Fwd R**
- 1,2 Feet apart, leaning slightly over to R with bent legs, both hands slightly stretched out in front moving fingers in a grabbing motion (1), keeping your feet in place turn your body a quarter L facing 9.00 (2)
- 3&4 Punch your R arm forwards (3) keeping your R arm in place punch your L arm forwards (&), bring your R foot to meet your LF still facing 9.00 (4)
- 5,6 Step back on your R foot making a half turn over R shoulder facing 3.00 (5), step forwards on L foot (6)
- 7&8 Leaning slightly over your L leg, punch R arm down (7), keeping R arm in place punch L arm down (&), standing up straight step forward on R (8)
- 9-16 Full spin dragging R foot with jump, circle round R with body, double hitch back, ½ turn over L shoulder stepping feet together.**
- 1,2 Full spin over your L shoulder dragging your R foot round (1), jump both feet apart (2)
- 3,4 Leading with your R shoulder circle body round clockwise keeping legs bent (3), step R foot next to L foot facing 3.00 (4)
- 5&6& Step back on L foot hitching R knee (5), step down on R foot (&) Step back on L foot hitching R knee (6) step down on R foot (&)
- 7&8 Step back on L foot (7), swivel feet round to make a ½ turn over your L shoulder to face 9.00 (&), step R foot next to L foot (8)
- 17-24 Step back with body roll, step forward making ¼ L with head nod. 2 steps dragging feet, big step forward with chest pump**
- 1,2 Body roll down stepping back on R foot (1), step forward on L foot (2)
- 3,4 Step forward on RF making a ¼ turn L facing 6.00 (3), head nod (4)
- 5,6 Step diagonally forward towards 7.30 on R foot dragging in L foot to meet R foot (5), Step diagonally forward towards 4.30 on L foot dragging in R foot to meet L foot (6)
- 7,8 Big step forward on R foot (7), step L foot next to R foot as you pump chest outwards (8)
- 25-32 Double chest pump stepping twice on R foot, 2x walks ¼ L, side step L with R touch behind, rock, close**
- 1,2 Keeping the weight on your L step to R side on R foot as your pump chest outwards (1), transferring your weight to your R foot step forward on R foot as you pump your chest outwards (2)
- 3,4 Make a quarter turn L stepping forward on LF (3), step forward on RF (4)
- 5,6 Step L foot to L side (5), Touch R foot behind L (6)
- 7,8 Rock R foot to R side (7), step R foot next to L foot (8)