

QUINTESSENCE

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Count: 48

Wall: 4

Level: intermediate

Choreographer: John H. Robinson

Music: Dreams (Bliss Mix) by Essence

To begin with lyrics, start 96 counts in after the heavy beat kicks in or, you can get two additional walls in by starting immediately on the heavy beat

RIGHT SIDE, BEHIND, SIDE, TOUCH, TURN LEFT $\frac{1}{4}$, TURN LEFT $\frac{1}{2}$, COASTER STEP

- 1-2** Step right to right side, step left behind right
- 3-4** Step right to right side, touch left next to right
- 5-6** Turn $\frac{1}{4}$ left and step left forward (9:00), turn $\frac{1}{2}$ left and step right back (3:00)
- 7&8** Step ball of left foot back, step ball of right foot next to left, step left forward

RIGHT KICK-BALL-STEP, RIGHT HITCH & A BACK ROCK, WALK FORWARD RIGHT-LEFT, FORWARD MAMBO

- 1&2** Kick right forward, step ball of right foot next to left, step left forward
- 3-a4 Hitch right knee, hold, rock right back, recover to left**
- 5-6** Step right forward, step left forward
- 7&8** Rock ball of right foot forward, recover to left, step right next to left

WALK BACK LEFT-RIGHT, LEFT TOUCH BACK, REVERSE $\frac{1}{4}$ TURN, RIGHT SIDE STEP, LEFT ROCK BACK RECOVER, LEFT SIDE STEP

- 1-2** Step left back, step right back
- 3-4** Touch left back, turn $\frac{1}{4}$ left (weight to left, 12:00)
- 5-6** Step right to right side, rock ball of left foot behind right
- 7-8** Recover to right, step left to left side

ROCK BACK, RECOVER, TRIPLE STEP TURNING $\frac{1}{4}$ RIGHT, STEP FORWARD, $\frac{1}{2}$ TURN RIGHT, OUT-OUT, IN-TOUCH

- 1-2** Rock ball of right foot behind left, recover to left
- 3&4** Turn $\frac{1}{4}$ right and shuffle forward stepping right, left, right (3:00)
- 5-6** Step ball of left foot forward, turn $\frac{1}{2}$ right (weight to right)

&7&8 Step left to left side, step right to right side, step left to center, touch right next to left

WALK FORWARD RIGHT-LEFT, RIGHT SIDE BALL-CHANGE, TOGETHER, LEFT SIDE, BEHIND, LEFT SIDE BALL-CHANGE, TOGETHER

1-2 Step right forward, step left forward

&3-4 Rock ball of right foot to right side, recover to left, step right next to left

5-6 Step left to left side, step right behind left

&7-8 Rock ball of left foot to left side, recover to right, step left next to right

RIGHT SIDE STEP, BUMP HIPS RIGHT, LEFT SIDE STEP, BUMP HIPS LEFT, RIGHT SIDE STEP, ½ TURNING SAILOR CROSS & CROSS

1-2 Step right to right side, bump hips right

3-4 Step left to left side, bump hips left

5-6& Step right to right side, swing left behind right stepping ball of foot and starting ½ turn left (toward 9:00), step ball of right foot in place finishing ½ turn left

7&8 Step left across right, step ball of right foot to right side, step left across right

REPEAT