Sweet Portland Dreams

Count: 64 **Wall:** 2 **Level:** High Intermediate Cha Cha

Choreographer: Amy Glass (USA), Rebecca Lee (MY), Jean-Pierre Madge (CH), Guyton Mundy (USA), Simon Ward (AUS) & Niels Poulsen (DK) - May 2026

Music: Sweet Dreams (Are Made of This) - Eurythmics : (2005 Remaster)

Buy on iTunes. Note: make sure to download correct version of song!

Intro: 16 counts from first beat in music. App. 8 secs. into track. Start with weight on L (facing 1:30)

*****3 easy restarts: Walls 2, 3 and 5**

[1 – 9] Walk RLR, diamond ¼ L, behind, 1/8 L side L, R step lock step

1 – 3	Walk R fwd (1), walk L fwd (2), walk R fwd (3) 1:30
4&5	Cross L over R (4), turn 1/8 L stepping R to R side (&), turn 1/8 L stepping L behind R (5) 10:30
6 – 7	Step back on R (6), turn 1/8 L stepping L to L side (7) 9:00
8&1	Step R fwd (8), lock L behind R (&), step R fwd (1) 9:00

[10 – 16] Rock L fwd, L back, ¼ R side step R, Hold, ball side, point L

2 – 3	Rock fwd on L (2), recover back on R (3) 9:00
4 – 5	Step back on L (4), turn ¼ R stepping R to R side (5) 12:00
6&7	HOLD (6), step L next to R (&), step R to R side prepping body slightly to R (7) 12:00
8	Point L to L side (8)

[17 – 24] L rolling vine, touch together, ½ turn R walk around

1 – 4	Turn ¼ L stepping L fwd (1), turn ½ L stepping back on R (2), turn ¼ L stepping L to L side (3), touch R next to L (4) 12:00
5 – 8	Turn 1/8 R walking R fwd (5), turn 1/8 R walking L fwd (6), turn 1/8 R walking R fwd (7), turn 1/8 R walking L fwd (8) … Restart here on wall 2 facing 12:00 turning 1/8 R to R diagonal 6:00

[25 – 32] Syncopated R&L rocks fwd, back out out LR, pop R knee in, pop R knee out, kick R

1 – 2&	Rock R fwd (1), recover back on L (2), step R next to L (&) 6:00
3 – 4	Rock L fwd (3), recover back on R (4) 6:00
&5	Step out and back on L (&), step out and back on R with R knee turned to R diagonal (5) 6:00
6 - 7 - 8	Twist on L toes popping R knee to L diagonal (6), turn R knee to R diagonal (7), kick R fwd (8) … Note: body has now turned to 7:30 7:30

[33 – 40] Behind side cross, L step lock step, step ½ L, look over R shoulder

1 – 3	Cross R behind L (1), turn 1/8 L stepping L to L side (2), turn 1/8 L stepping R fwd (3) 4:30
4&5	Step L fwd (4), lock R behind L (&), step L fwd (5) 4:30
6 - 7 - 8	Step R fwd (6), turn ½ L keeping weight on R (7), look over R shoulder (8) 10:30

[41 – 48] Bounce head 4 times, walk RL, ¼ L big step slide to R side

1 – 4	Bounce head 4 times each time turning head 1/8 L making sure to change weight to L foot on count 4 (1-4) 10:30
5 – 6	Walk R fwd (5), walk L fwd (6) 10.30
7 – 8	Turn ¼ L stepping R a big step to R side (7), drag L towards R (8) 7:30

[49 – 56] Ball cross, Hold, ball behind, Hold, & 1/8 L rock fwd, recover sweep 1/8 R, back rock R

&1 – 2	Step L next to R (&), cross R over L (1), HOLD (2) 7:30
&3 – 4	Step L to L side (&), cross R behind L (3), HOLD (4) 7.30
&5 – 6	Step L to L side (&), turn 1/8 L cross rocking R over L (5), recover on L with 1/8 R sweeping R out to R side (6) 7.30
7 – 8	Rock back on R popping L knee fwd (7), recover on L (8) … Restart here on walls 3 & 5 7.30

[57 – 64] Full turn cha cha walk around

1 – 4	Step R fwd (1), turn ¼ L stepping L fwd (2), step R fwd (3), turn ¼ L stepping L fwd (4) 1:30
5 – 8	Step R fwd (5), turn ¼ L stepping L fwd (6), step R fwd (7), turn ¼ L stepping L fwd (8)

Styling for counts 1-8: use your hips rolling them counter clock-wise when stepping fwd 7:30

START AGAIN

Ending Wall 8 is your last wall (starts facing 6:00). Finish dance on count 32 facing the front … 12:00

COOL option!
During wall 4, facing 12:00. there's a break in the song during counts 29-32. Do the following: Look down into floor when stepping back out out (&5), Hold (6), Hold (7), look up and kick R to R diagonal (8) 12:00