

Cold

Count: 80

Wand: 4

Ebene: Phrased High Improver

Choreograf/in: Monica Suzor (MUS) - April 2017

Musik: Cold (feat. Future) - Maroon 5



Intro: 4 counts (St on vocals). Start with weight on L foot.

Sequence: A x 2 , TAG, B, A, C, C 16, TAG, B, A, C x 2, TAG, B, C x 3, TAG

TAG (1 count) - (each time on the word "COLD"): Stomp R Foot (weight on L) (optional styling: raise right fist and touch heart)

SECTION A: 16 COUNTS

A1: [1-8] Side, Hold, Rock Back, Recover , Side, Hold, 1/4 RT Rock Back, Recover

- 1,2 Big Step R to R, Hold (drag L ft to R)
- 3,4 Rock L behind R, Recover R
- 5,6 Big Step L to L, Hold (drag R ft to L)
- 7,8 1/4 Turn R Rock R behind L, Recover L

A2 : [9-16] Reverse Rumba Box

- 1-4 Step R to R, step L next to R, step back on R, Hold
- 5-8 Step L to L, step R next to L, step forward on L, Hold

SECTION B: 32 COUNTS

B1 (1-8): Walk, Walk, Heel, Heel, Back, Back, Back, Touch

- 1-4 Step forward on R, Step forward on L, Dig R heel forward twice
- 5-8 Step back R, L, R, Touch L next to R

B2 (9-16): Walk, Walk, Heel, Heel, Back, Back, Back, Touch

- 1-4 Step forward on L, Step forward on R, Dig L heel forward twice
- 5-8 Step back L, R, L, Touch R next to L

B3 (17-24): Side, Hold, Ball-Side, Touch, x 2

- 1-2, &3, 4 Step R to R side (1), Hold (2), quick ball step L next to R (&), step R to R side (3), touch L next to R (4) (Styling: Swing hips)
- 5-6, &7, 8 Step L to L side (5), Hold (6), quick ball step R next to L (&), step L to L side (7), touch R next to L (8) (Styling: Swing hips)

B4 (25-32): V step, Hip roll CCW

- 1-4 Step forward and out on R & L, Step back and in on R & L (weight on L)
- 5-8 Hip roll CCW (Ball of R ft in place) (weight on L)

SECTION C: 32 COUNTS

C1: [1-8] Samba Whisk RL, Volta 1/2 R Arch

- 1&2 Step R to R, Rock L behind R, Recover R
- 3&4 Step L to L, Rock R behind L, Recover L
- 5&6& ¼ turn R, RF slightly forward (5), Lock LF behind R(&), ¼ turn R, RF slightly forward (6), Lock LF behind R (&)
- 7&8 RF slightly forward (7), Lock LF behind R (&), RF slightly forward (8)

C2: [9-16] Samba Whisk LR, Volta 1/2 L Arch

- 1&2 Step L to L, Rock R behind L, Recover L
- 3&4 Step R to R, Rock L behind R, Recover R

- 5&6& ¼ turn L, LF slightly forward (5), Lock RF behind L(&), ¼ turn L, LF slightly forward (6), Lock RF behind L (&)
7&8 LF slightly forward (7), Lock RF behind L (&), LF slightly forward (8)

C3: [17-24] Cross Bota Fogo x2, Stationary Samba Walks

- 1&2 Step R across L, Step L to L, Recover R
3&4 Step L across R, Step R to R, Recover L
5&6 Step R forward, Rock L back (ball of ft), Recover back onto R (small slide R ft back).
7&8 Step L forward (in alignment with R), Rock R back (ball of ft), Recover back onto L (small slide L ft back)

C4: [25-32] Cross Bota Fogo x2, Stationary Samba Walks

- 1&2 Step R across L, Step L to L, Recover R
3&4 Step L across R, Step R to R, Recover L
5&6 Step R forward, Rock L back (ball of ft) , Recover back onto R (small slide R ft back).
7&8 Step L forward (in alignment with R), Rock R back (ball of ft), Recover back onto L (small slide L ft back)

Note: Dance ends facing 12 o'clock.

Last update3: 16.4.2017
