

# Cocoon Waltz

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: Snow (SG) - August 2023

Musik: Cocoon (繭) - Zhou Shen (周深) : (The Long Ballad OST)



**Intro: 24 counts instrumental (4 x 6). 4 heavy first beats.  
Start dancing on vocals.**

**Total: 10 walls  
tag (after wall 5)  
No restarts**

**[1-6] Cross lock step to R, L rock recover side.**

- 1-3 Big step L over right, drag R, step R behind left.
- 4-6 Cross L over right, recover on R, step L to side. [12:00]

**[7-12] Cross lock step to L, R rock recover, ¼ step R**

- 1-3 Big step R over left, drag L, step L behind right.
- 4-6 Cross R over right, recover on L, step R to side with ¼ turn to right. [3:00]

**[13-18] Cross lock step to R, L twinkle**

- 1-3 Big step L over right, drag R to side, step R behind left.
- 4-6 Cross L over right, step R beside left, step L to side. [3:00]

**[19-24] R diagonal, L lift/ hitch, R hook.**

- 1-3 R step diagonally forward to 1:30, L lift/ hitch, L kick forward.
- 4-6 Step L back, R hook over L and straighten back to 3:00. [3:00]

**[25-30] R twinkle ½ turn, L twinkle ¼ turn**

- 1-3 Cross R over left, step L beside right with ¼ turn to right, step R to side with ¼ turn to right [9:00]
- 4-6 Cross L over right, step R beside left, step L to side with ¼ turn to left. [6:00]

**[31-36] R cross point, L back point**

- 1-3 Cross R over left, point L to left, hold.
- 4-6 Cross L behind right, point R to right, hold. [6:00]

**[37-42] Monterey ½ turn R, L cross unwind full turn with sweep R**

- 1-3 Step R beside left with ½ turn to right, point L to left, hold. [12:00]
- 4-6 Cross L over right, step down on L and unwind full turn to right, sweep R from front to back. [12:00]

**Easy version: step back on L, sweep R from front to back over 2 counts. [12:00]**

**[43-48] Weave to L, L big step, ¼ turn R and close**

- 1-3 Cross R behind left, step L beside right, cross R over left.
- 4-6 Big step L to left, drag R to left, step R beside L with ¼ turn to right (weight on right). [3:00]

**Tag (6 counts)**

**After wall 5 [3:00]**

**[1-6] Sway L and R.**

- 1-3 Step L to left with sway (weight on left).
- 4-6 Step R to right with sway (weight on right). [3:00]

**Ending (6 counts)**

**After wall 10 [6:00]**

**[1-6] Cross unwind ½ turn R with sweep**

1-5                    Cross L over right, slow unwind ½ turn right and sweep R from front to back.

6                      Point R behind left. [12:00]

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**Please feel free to dance, video, share!**

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