

Cold Sweat

Count: 64

Wand: 2

Ebene:

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Musik: Cold Sweat - Five



RIGHT FULL TURN, RIGHT CHASSE, SIDE STEPS RIGHT WITH KNEE ROLLS

- 1-2 Right step $\frac{1}{4}$ turn right, on ball of right foot $\frac{1}{2}$ turn over right shoulder stepping left foot back
3&4 On ball of left foot $\frac{1}{4}$ turn right stepping right foot to right side, step left foot beside right foot, step right foot to right side
&5 Step left foot beside right foot, touch right foot slightly to right side with right knee turned inwards
6 Roll right knee to right side taking weight onto right foot
&7 Step left foot beside right foot, touch right toes slightly to right side with knee turned inwards
8 Roll right knee to right side taking weight onto right foot

1 $\frac{1}{4}$ TURN LEFT, LEFT SHUFFLE, WALK RIGHT, LEFT, RIGHT KICK BALL TOUCH

- 9-10 Left step $\frac{1}{4}$, on ball of left foot $\frac{1}{2}$ turn stepping right foot back
11&12 On ball of right foot $\frac{1}{2}$ turn left stepping left foot forward, step right foot beside left foot, step forward on left foot
13-14 Walk forward on right foot, walk forward on left foot
15&16 Kick right foot forward, step right foot back, touch left toes forward

HIP & SHOULDER PUSHES, STEP FORWARD RIGHT, LEFT KICK BALL TOUCH, HEEL SWIVELS

- &17 Push shoulders & hips forward as you bend both knees, push hips & shoulders back keeping knees bent (weight remains on right foot)
&18 Push shoulders & hips forward as you straighten your knees, push hips & shoulders back as you straighten up completely (weight remains on right foot)
&19&20 Repeat &17&18 (as in Cha-cha Loco)
&21 Change weight onto left foot, step forward on right foot
22&23 Kick left foot forward, step left foot back, step right foot in front of left foot
&24 Swivel heels to right side, bring heels in place

HEEL SWIVELS WITH $\frac{1}{4}$ TURN LEFT, RIGHT FORWARD ROCK, BACK LOCK STEP LOCK

- 25&26& Swivel heels to the right, swivel heels to the left, swivel heels right, swivel heels left
27&28& Swivel heels right, swivel heels left, bring heels in place (25-28 complete a $\frac{1}{4}$ turn left)
29-30 Rock forward onto right foot, rock back onto left foot in place
31&32 Lock right foot in front of left foot, step back on left foot, lock right foot in front of left foot.

LEFT ROCK BACK MAKING $\frac{1}{4}$ TURN LEFT, LEFT CROSS SHUFFLE, RIGHT SIDE SHUFFLE, RIGHT CROSS OVER LEFT UNWIND $\frac{3}{4}$ TURN LEFT

- 33-34 Rock back onto left foot, rock forward onto right foot making $\frac{1}{4}$ turn left
35&36 Cross left foot over right foot, step right foot to right side, cross left foot over right foot
37-38 Side rock to right side, rock onto left foot in place
39-40 Cross right foot over left foot, unwind $\frac{3}{4}$ turn over left shoulder, weight ends on right foot

LEFT & RIGHT KICKS WITH STEPS FORWARD & BACK

- 41-42 Kick left foot forward, click both fingers at same time, step left foot back
43-44 Kick right foot back, click both fingers at same time, step right foot back
45-46 Kick left foot forward, click both fingers at same time, step left foot back
47-48 Kick right foot back, click both fingers at same time, step right toes back

$\frac{1}{4}$ TURN TOUCH, $\frac{1}{2}$ TURN TOUCH, $\frac{1}{2}$ TURN TOUCH, & SIDE TOUCH HOLD

- 49-50 On ball of left foot $\frac{1}{4}$ turn left, touch right toes to right side, bump hips to right side, step onto right foot
- 51-52 On ball of right foot $\frac{1}{2}$ turn over left shoulder, touch left toes to left side, bump hips to left side, step onto left foot
- 53-54 On ball of left foot $\frac{1}{2}$ turn over right shoulder, touch right toes to right side, bump hips to right side, step onto right foot
- &55-56 Step left foot beside right foot, touch right toes to right side, hold for one count

RIGHT RONDE REVERSE SWEEP $\frac{3}{4}$ TURN, SHOULDER & HIP PUSHES, LEFT KNEE ROLL

- 57-58 On ball of left foot sweep right foot round behind left foot making $\frac{3}{4}$ turn over right shoulder (weight ends equal on both feet)
- &59&60 Shoulder & hip pushes as in section 3 (as in cha-cha loco)
- 61-62 Touch left toes to left side with knee turned inwards, roll left knee to left side (weight ends on left foot)
- &63-64 Step right foot beside left foot, touch left toes to left side, with knee turned inwards, roll left knee to left side (weight ends on left foot)

REPEAT
