

Cool Beans

Compte: 32

Mur: 4

Niveau: Advanced



Chorégraphe: Jennifer Pasley-Smith (USA)

Musique: I Want You Back - *NSYNC

STEP, SLIDE, 4 KNEE POPS, HOP, SIDE STEP, SIDE, HOP RIGHT, CLAP

- 1-2 Step left foot forward, slide right foot forward beside left, "popping" left knee
- &3 "Pop" right knee (weight on left), "pop" left knee (weight on right)
- &4 Repeat &3
- &5 Hop on right foot, take large step to left with left foot
- 6 Slide right foot beside left (no weight)
- &7 Side step right, step left beside right
- 8 Clap

Ball-Change, 3 side Ball-Changes in ½ Turn Left, Walk Back right, left, right, Hip Twist

- &9 Step right foot back, step left foot in place
- &10 Side step right foot, step left foot in place
- &11 Turning a quarter turn to left, step right foot to side, step left foot in place
- &12 Repeat &11 above
- 13 Step right foot back
- 14 Step left foot back
- 15 Step right foot back
- &16 Twist heels to left, straightening left knee to raise hip, twist heels to right (back in position)

Syncopated Travel Forward With Up/Down Motion, Walk Back Right-Left, ¼ Military Turn Left, Toes in /Out

- 17 Step forward on left keeping leg straight
- &18 Step right foot behind left, step left foot forward, bending left knee
- &19 Step right foot behind left, step left foot forward, straightening left leg
- &20 Step right foot behind left, step left foot forward bending left knee
- 21 Step right foot back
- 22 Step left toe back
- 23 Pivot on both feet ¼ turn left
- &24 Jump slightly, turning toes in then out

Step, Drag, Ball-Change, Walk Left, Right, ½ Pivot Left, Ball-Change, Pivot ½-Turn Left, (Hook)

- 25 Step right foot back
- 26 Drag left foot back along floor
- &27 Step left foot back, step right foot forward
- 28-29 Walk forward left, right
- 30 Pivot ½-turn left on both feet (weight even)
- &31 Step left foot back, step right foot forward
- 32 Pivot ½-turn left on both feet (weight even)
- (& Hook left foot over right shin) optional step to lead into step #1

REPEAT