

Cold As It Is

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Malene Jakobsen (DK) - January 2016
音乐: Cold As It Is - The Lone Bellow : (Single - iTunes)



Intro: 17 counts from the beginning 10 sec. seconds into track, dance begins with weight on L

Restart: There is a Restart on wall 2 after 16 counts, you will be facing 3.00

[1-8] Side, sailor, heel, ball cross, side, behind, side, cross, point

1 (1) Step R to R 12.00
2&3 (2) cross L behind R, (&) step R slightly R, (3) put L heel diagonally fwd. L 12.00
&4 (&) step R next to L, (4) cross R over L 12.00
5-6 (5) Step L to L, (6) cross R behind L, (&) step L to L, (7) cross R over L 12.00
8 (8) Point L to L

[9-16] Monterey half turn, side rock, cross, side, behind, hold, side, cross, rock L to L

1 (1) On ball of R make 1/2 L and step L next to R 6.00
2&3 (2) Rock R to R, (&) recover onto L, (3) cross R over L 6.00
4-5-6 (4) Step L to L, (5) cross R behind L, (6) hold 6.00
&7-8 (&) Step L to L, (7) cross R over L, (8) rock L to L 6.00

NOTE The only restart is here, you will be facing 3.00

[17-25] Recover, sailor, back rock, side rock, jazz box

1-2&3 (1) Recover onto R, (2) cross L behind R, (&) step R to R, (3) step L to L 6.00
4-5 (4) Rock back on R, (5) recover onto L 6.00
6& (6) Rock R to R, (&) recover onto L 6.00
7-8-1 (7) Cross R over L, (8) turn 1/4 R stepping back on L, (1) step R to R 9.00

[26-32] Cross shuffle, side, kick & touch, kick & touch

2&3 (2) Cross L over R, (&) step R to R, (3) cross L over R 3.00
4 (4) Step R to R 3.00
5&6 (5) Kick L across R, (&) step L to L, (6) touch R next to L 3.00
& (&) Step R to R 3.00
7&8 (7) Kick L across R, (&) step L to L, (8) touch R next to L 3.00

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