

Into Cold Water

拍数: 32 墙数: 4 级数: Improver - Samba style
编舞者: Emma Skov Støttrup Mainz (DK) - September 2016
音乐: Cold Water (feat. Justin Bieber & MØ) - Major Lazer : (iTunes)



Intro: app. 22 seconds into track

Be aware of the Note below :-

(1 – 8) Part of a Diamond

1&2 Cross R over L, Step back on L (1:30), Step back on R sweeping L behind R
3&4 Step L behind R, Step R to R side (3:00), cross L over R sweeping R in front of L (4:30)
5&6 Cross R over L, Step back on L, Step back on R sweeping L behind R
7&8 Step L behind R, Step R to R side (6:00), cross L over R

(9 – 16) Side Rock R, Behind Side Cross, Side Rock L, Sailor 1/4 L

1-2 Rock R to R side, recover on L
3&4 Step R behind L, Step L to L side, Cross R over L
5-6 Rock L to L side, recover on R
7&8 Turn 1/4 L step L back (3:00), Step R to R side, Cross L slightly in front of R

(17-25) Samba Whisk R & L, Shuffle full turn R

1&2 Step R to R side, Rock back on L, recover on R
3&4 Step L to L side, rock back on R, recover on R
5&6&7&8 Turn 1/4 R step R fw (6:00), step L beside R, Turn 1/4 R step R fw (9:00) step L beside R,
Turn 1/4 R step R fw (12:00), step L beside R, Turn 1/4 R step R fw (3:00)

(26-32) Mambo, Coaster, full turn R, Run fw x 3

1&2 Rock fw on L, recover on R, step back on L
3&4 Step back on R, step L beside R, step fw on R
5-6 Turn 1/2 R step back on L (9:00) raise on heel as you turn 1/2 R step R beside L - weights on
R foot (keep knees tight) (3:00) Option: on count 6: turn 1/2 R step R fw
7&8 Bend your knees and run fw L – R – L

Begin again!...

Note: To add the samba feel to the dance try to dance all the &-counts on the A-beat (except section 4 the last counts 31&32)

This means that you delay the &-count slightly so the beat is: 1..a2, 3..a4, etc.

Tag at the end of wall 1 & 4 - Mambo, Coaster

1&2 Rock fw on L, recover on R, step back on L
3&4 Step back on R, step L beside R, step fw on R

Ending: Starts (6:00) after count 14 now facing (12:00) Then: behind side cross to keep facing (12:00)

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Last Update - 29th Sept 2016