

Cold Hearted

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Pooi Kuan (MY) - November 2016
音乐: Cold Hearted - Paula Abdul



Dance start – after 32 counts (4x8)

Section 1: □Step, Right Vine 1/4R Turn Touch, Chest Roll, Hip Roll

1 2&3 4 Step RF to R, Step LF behind, Step RF to R, ¼ R turn Step LF Forward, Touch LF in front of RF
5 6 7 8 Roll Chest Out & In, Roll Hip Out & In (anti-clockwise) (3:00)

Section 2: □Back Toe-struck 2x, Sailor Step ¼ R Turn, Kick Ball Touch

1 2 3 4 Touch right toe back, Step on RF, touch left toe back, Step on LF
5 & 6 ¼ R turn step sweep RF behind L, Step LF beside RF, Step RF Forward
7 & 8 Kick LF Forward, Ball step on LF, Touch RF to R (6:00)

Section 3: □Walk, Hold - 2x, R Weave, Step/Touch, Kick Diagonally

1 2 3 4 Step RF forward, hold, Step LF Forward, hold,
5 & 6 & Step RF to R, Step LF behind, Step RF to R, Cross LF over RF
7 8 Step/Touch RF beside LF, Kick RF diagonally to R (7:30)

Section 4: □Diagonal Back Step Touch, ½ Turn, Side Step Touch

1 2 Step RF Back diagonally, Touch LF beside RF,
3 4 ½ L turn Step LF forward diagonally, touch RF beside LF (1:30)
5 6 1/8 L Turn Step RF to R (facing 12:00), Touch LF to L,
7 8 Step LF to L, Touch RF to R (12:00)

Section 5: □Back Lock Step, Left Step, Heel Jack, Cross Unwind ½ Turn

1 2 3 4 Step RF Back, Step Lock LF in front of RF, Step RF Back, Step LF to L
5 & 6 & Cross RF Over LF, Step LF To L, Touch Right Heel to R, Step on RF
7 8 Cross LF Over RF, 1/2R Turn (6:00)

Section 6: □Rock Forward, ¼ Turn, Forward Touch, Back Coaster, Forward Big Step Touch

1 2 Step RF Forward, Recover on LF,
& 3 4 ¼ R Turn Step RF to R, Step LF Forward, Touch RF beside LF
5 & 6 Step RF Back, LF together, Step RF Forward
7 8 Big Step LF Forward, Touch RF beside LF (9:00)

Section 7: □Change Weight, Hold, Back Coaster, 1/4L Turn, Stomp 3x Hitch

1 Transfer weight from LF to RF,
2 Hold/Hand Styling: Swing Right Hand back and look back
3 & 4 Step LF Back, Step RF Together, Step LF Forward
5 6 7 8 1/4L Turn Stomp RF to R, Stomp LF to L, Stomp RF, Hitch LF □ (6:00)

Section 8: □Left Side Rock Recover, Ball Step, Right Side Rock Recover, Left Weave

1 2&3 4 Rock LF to L, Recover on RF, Step LF beside RF, Rock RF to R, Recover on LF
5 6&7 8 Step RF back, Step LF to L, Cross RF over LF, Step LF to L, Step/Touch RF beside LF (6:00)

ENJOY !

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