Cold Light Of Day



拍数: 32 **墙数:** 4 **级数:** Beginner

编舞者: Jamie Barnfield (UK) - February 2019

音乐: In the Cold Light of Day - Paul Carrack: (Album: These Days - iTunes &

Amazon)



Alt Music: Why Can't I Change By The Passengers (Album - Runaway 3:11)

Intro: 16 counts (No Tags or Re-starts!)

S1: STEP, HOLD, SIDE, TOGETHER, BACK, HOLD, SIDE, TOGETHER

1-2 Step forward on right, Hold

3-4 Step left to left side, Close right next to left

5-6 Step back on left, Hold

7-8 Step right to right side, Close left next to right

S2: SIDE, HOLD, ROCK, RECOVER, SWAY L-R-L-R

1-2 Step right to right side, Hold

3-4 Rock left behind right, Recover on right

5-8 Small step left to left side swaying hips left, right, left, right (weight on right)

S3: BEHIND, SWEEP, BEHIND, SIDE, CROSS, HOLD, ROCK, 1/4

1-2 Step left behind right, Sweep right from front to back

3-4 Cross right behind left, Step left to left side

5-6 Cross right over left, Hold

7-8 Rock left to left side, Recover on right turning 1/4 right [3:00]

S4: STEP, HOLD, 1/2, 1/2, ROCKING CHAIR

1-2 Step forward on left, Hold

3-4 Turn ½ left stepping back on right, Turn ½ left stepping forward on left [3:00]

(Easier option: Walk forward on right, Walk forward on left) 5-6 Rock forward on right, Recover on left

7-8 Rock forward on right, Recover on left

ENDING: The dance finishes on the front wall during wall 13 during the hip sways in section 2.

For a nice BOOM style finish turn the hips sways in to the following:

SLOW, SLOW, QUICK QUICK, BOOM!

5-6 Small step to the left swaying hips left, right

7&8 Hips sways left, right, left

1 Push hips to right

Tadah!