

# Cold

拍数: 32                      墙数: 2                      级数: Improver  
编舞者: Karolina Ullénstäv (SWE) - November 2019  
音乐: Cold - James Blunt : (3:30)



**Intro 3 seconds – Quick start, BPM 109**  
**Restart in wall 4 after 16 counts**

## Section 1: Diamond pattern in a full circle starting right

- 1                      RF step diagonally 1/8 forward right (facing 01.30)
- &                      Turn 1/8 left stepping LF left (facing 09.00)
- 2                      RF step beside LF
- 3                      Turn 1/8 left stepping LF left (facing 07.30)
- &                      Turn 1/8 left stepping RF forward (facing 06.00)
- 4                      LF step beside RF
- 5                      RF step 1/8 back turning left (facing 04.30)
- &                      Turn 1/8 left stepping LF left (facing 03.00)
- 6                      RF step beside LF
- 7                      Turn 1/8 left stepping LF left (facing 01.30)
- &                      Turn 1/8 left stepping RF forward (facing 12.00)
- 8                      LF step beside RF

## Section 2: Steps and point steps forward and backwards

- 1                      RF step forward
- 2                      LF point diagonally forward left
- 3                      LF step forward
- 4                      RF point diagonally forward right
- 5                      RF step back
- 6                      LF point diagonally backwards left
- 7                      LF step back
- 8                      RF point diagonally backwards right

## Section 3: RF rock step back, shuffle turn ½ forward left and then LF rock step back and shuffle turn ½ forward right

- 1                      RF rock step back (facing 12.00)
- 2                      Recover onto LF (weight on LF)
- 3                      Turn ¼ left stepping RF right (facing 09.00)
- &                      LF step beside RF
- 4                      Turn ¼ left stepping RF back (facing 06.00)
- 5                      LF rock step back
- 6                      Recover onto RF (weight on RF)
- 7                      Turn ¼ right stepping LF left (facing 09.00)
- &                      RF step beside LF
- 8                      Turn ¼ right stepping LF back (facing 12.00)

## Section 4: Side steps right with shuffle steps to the side, turn ¼ right and step turn ¼ right again ending with a cross shuffle

- 1                      RF step right
- 2                      LF step beside RF
- 3                      RF step right
- &                      LF step beside RF
- 4                      Turn ¼ right stepping RF forward (facing 03.00)

- 5 LF step forward
- 6 Turn  $\frac{1}{4}$  right on ball (facing 06.00)
- 7 LF cross step over RF
- & RF step right
- 8 LF cross step over RF

**Enjoy the lovely James Blunt and this wonderful song with great rhythm!**

---