

Cold Heart

拍数: 32 墙数: 4 级数: Beginner
编舞者: Mandy Eades (UK) - September 2021
音乐: Cold Heart (PNAU Remix) - Elton John & Dua Lipa



Intro: 16 Counts from the heavy beat if you are using Spotify otherwise it's 32 Counts.

Section One: R Side Rock Recover, Weave Point, Cross ¼ Turn L

1 2 Rock R Foot on R side, Recover on L
3 4 Cross R over L, step L to L side
5 6 Cross R behind L, Point L to L side angling body slightly to R diagonal
7 8 Cross L over R. Make ¼ turn L stepping back R (9 o'clock)

Section Two: Shuffle ½ Turn L, R Rock Fwd, & L Rock Fwd, Step Back Touch

1&2 ¼ turn L stepping L to L side, step R next to L, ¼ turn L stepping Fwd on L (3 o'clock)
3 4 Rock Fwd on R, Recover on L
&5 6 Step R Next to L, Rock Fwd on L, Recover on R
7 8 Step Back L, Touch R Next to L

Section Three: 2 x Step Fwd Diagonally, Touch & Clap, 2 x Step Back Diagonally, Touch & Clap

1 2 Step R Fwd to R diagonal, Touch L toe beside R and clap hands
3 4 Step L Fwd to L diagonal, Touch R toe beside L and clap hands
5 6 Step R back to R diagonal, Touch L toe beside R and clap hands
7 8 Step L back to L diagonal, Touch R toe beside L and clap hands

Section Four: Vine R, Touch, Vine L, Touch (Optional rolling vines)

1 2 Step R to R side, Step L behind
3 4 Step R to R side, Touch L beside R
5 6 Step L to L side, Step R behind
7 8 Step L to L side, Touch R beside L

Teaching: ---

Section 1 has a ¼ turn

Section 2 has a ½ turn with rock steps

Section 3 has some very easy steps and so has

Section 4 with an option to change the grapevines to rolling vines

No tags, No restarts - Have fun and enjoy