

# Cold

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Mz. Nikki Smooth Dance Queen (USA) - January 2024  
音乐: Cold Blooded - Rick James : (Album: Motown: The Complete No. 1's)



## [1-8] VINE R, VINE L

1-4      Step R to Side, Step L Behind R, Step R to Side, Touch L Beside R  
5-8      Step L to Side, Step R Behind L, Step L to Side, Touch R Beside L

## [9-16] 3 STEPS BACK, HOLD, 3 STEPS BACK, HOLD

1-4      Step R Back, Step L Back, Step R Back, Hold  
5-8      Step L Back, Step R Back, Step L Back, Hold

## [17-24] ONE STEP FWD, HOLD 3, ONE STEP FWD, HOLD 3

1-4      Step R Fwd, Hold 3 counts  
5-8      Step L Fwd, Hold 3 counts

## [25-32] HIPS FWD, BACK, FWD, STEP L FWD, JAZZ BOX TURN LEFT

1-4      Step R Fwd Pushing hips Fwd, Push Hips Back, Push Hips Fwd, Step L Fwd  
5-8      Step R Across L, Step L Back 1/8 Turn L, Step R Back 1/8 Turn L, Step L Beside R

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Step sheet by Steve Cavanaugh ([steve@slinedancing.com](mailto:steve@slinedancing.com))