

Midwest Cool

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Lucy Cooper (UK) - November 2024
音乐: Hey Marjorie - Jon Mero



Section 01: Walk, Walk, Anchor Step, Back w. Sweep, Lock Behind, ¼ L, Forward Lock

1 2 Walk R forward, walk L forward
3&4 Step R behind L, step L in place, step R behind L
5 6 Step L behind R sweeping R back, lock R behind L popping L knee
7 8&1 Step L forward turning ¼ L, step R forward, lock L behind R, step R forward (9.00)

Section 02: Point L, Sailor ½ L, Step, ½ R, Sit, Recover

2 Point L to L side
3&4 Cross L behind R turning ½ L, step R in place, step L slightly forward (3.00)
5 6 Step R forward, step L back turning ½ R (9.00)
7 8 Sit back into R popping L knee, recover onto L

(Start TAG here on wall 2, and RESTART here on wall 4)

Section 03: Ball, Forward Rock, Recover, Pony Back, ¼ R, Tap Behind, Side, Heel Toe Swivel

&1 2 Ball step R forward, rock L forward (optional body roll), recover onto R
3&4 Step L back hitching R knee, ball step R in place, step L back hitching R knee
5 6 Step R to R side turning ¼ R, tap L behind (12.00)
7&8 Step L to L side, swivel R heel in, swivel R toe in

Section 04: Side Rock, Ball, Side Rock Cross, Side, Close, Cross, ¾ R Spiral

1 2& Rock R to R side, recover L, ball step R beside L
3&4 Rock L to L side, recover R, cross L over R
5 6 Step R to R side, close L beside R
7 8 Cross R over L, Step L back hooking R in turning ¾ R (9.00)

(TAG to the back after wall 5, adjusting final spiral to ½ R, in order to dance tag to 6:00)

TAG: 32 COUNTS (Always to 6.00)

Section 01: Rock, Recover, Shuffle Back, Rock Back, Recover, Full Turn R

1 2 Rock R forward, recover onto L (6.00)
3&4 Step R back, step L beside R, step R back
5 6 Deep/exaggerated rock back on L, recover onto R
7 8 Step L back turning ½ R, step R forward turning ½ R (6.00)

Section 02: ¼ R Hip Roll, Touch, ¼ L Hip Roll Touch, L Coaster Step, Step, ½ Pivot L

1 2 Step L to L side turning ¼ R rolling into L hip, touch R forward (9.00)
3 4 Step R to R side turning ¼ L rolling into R hip, touch L forward (6.00)
5&6 Step L back, step R beside L, step L forward
7 8 Step R forward, pivot ½ L stepping L forward (12.00)

SECTION 3 & 4

Repeat sections 1 & 2 to the 12.00 wall

Last Update: 13 Nov 2024