

Cool It

拍数: 32 墙数: 4 级数: Beginner
编舞者: Mary Pentangelo (USA) - January 2025
音乐: Country's Cool Again - Lainey Wilson



Intro is 48 counts – Starts with right foot, weight on left
Step sheet is to Stylized Version

[1-8] RF Step Side Touch with LF & Hip Swivel, RF Step Side Tap with LF & Hip Swivel, LF Fwd Heel Tap, Knee Hitch, Back Toe Tap, Knee Hitch

1-2 (1)RF step side while swiveling the left heel out with the hips, (2)LF step touch next to LF
3-4 (3)RF step side while swiveling the left heel out with the hips, (4)LF step tap next to LF
5-8 (5)LF heel tap with (6)LF knee hitch moving back to a (7)LF toe tap to a fwd (8)LF knee hitch

[9-16] LF Step Together Step, RF Point side 2x

1-4 (1)LF step fwd, (2)RF step next to LF, (3)LF step fwd, (4)RF tap next to LF
5-8 (5)RF point side, (6)RF tap next to LF, (7)RF point side, (8)RF tap next to LF

[17-24] RF Step Side Hold, LF Rock Recover, LF Step Side Hold, RF Rock Recover

1-4 (1)RF step side, (2)hold one count, (3)LF rock back and (4)recover on RF
5-6 (5)LF step side, (6)hold one count, (7)RF rock back and (8)recover on LF

[25-32] RF Step Side ¼ Turn over LF Shoulder, Rock Recover, LF Heel Tap, Step Down, RF Step Together

1-2 (1)RF step side with a ¼ turn over left shoulder so you're stepping back with a (2)hold on count 2
3-4 (3)LF rock back and (4)recover on RF
5-8 (5)LF tap heel in front with a (6)quick step down with (7)RF together (gallop), (8)hold count 8

RESTART: Happens on Wall 6(9:00) after the first 12 counts (after the LF fwd step together step)

TAG: 4 counts – happens on Wall 12(3:00) after completing Wall 11.

1-4 With feet together, both feet heel fan (1)out, (2)in, (3)out, (4)in – restart the dance.

I also teach a basic version of this dance without the hip swivels and the gallop, and I replace counts 5-8 in the first 8 counts with a (5)LF fwd heel tap (6)hold, (7)LF back toe tap (8)hold.

Thank you for checking out my dance!
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