

So Cooool

拍数: 36 墙数: 4 级数: Improver
编舞者: William Sevone (UK)
音乐: Long Cool Woman In a Black Dress - The Hollies



Warning: Avoid 'Electronically enhanced' versions of this track. Stereo versions are not bad. Mono versions are best. This song was recorded in the Hollies 'Creedence Clearwater Revival/Sweet/Led Zeppelin' period of 1972-1975, but whatever the period you cannot mistake the distinctive vocals of Allan Clarke. The musical phrasing goes a little 'off' during and just after the instrumental break, but by staying with the 36 count it works out fine.

OPTIONAL INTRO

4X FORWARD TOE/DOUBLE HEEL TAP STRUTS, HIP GRIND/SWAY, ½ LEFT

The first 16 counts of the intro coincide with the guitar riff (after the 2nd set of the two drum bangs)

- 1-3 Step forward onto right toe, tap right heel to floor, tap right heel to floor
 - 4-6 Step forward onto left toe, tap left heel to floor, tap left heel to floor
 - 7-9 Step forward onto right toe, tap right heel to floor, tap right heel to floor
 - 10-12 Step forward onto left toe, tap left heel to floor, tap left heel to floor
 - 13-15 Step right foot to right side & grind or sway hips to right, hips to left, hips to center
- On counts 13-15, hip rotation is done in a 'figure of 8'
- 16 Turn ½ left & step left foot next to right

4X FORWARD TOE/DOUBLE HEEL TAP STRUTS, HIP GRIND/SWAY, ½ LEFT

The second 16 counts coincide with the guitar riff and steady drum beat

- 17-32 Repeat counts 1-16
- On all struts angle upper body slightly inward

THE DANCE

2X BACKWARD SHUFFLES-BACKWARD TOE TAPS

- 1&2 Step backward onto right foot, close left foot next to right, step backward onto right foot
- 3-4 Tap left toe backward, repeat
- 5&6 Step backward onto left foot, close right foot next to left, step backward onto left foot
- 7-8 Tap right toe backward, repeat

SIDE TOE TAP, CROSS TOE TAP, ¾ LEFT WITH TOE TAPS, HEEL/FOOT SWITCH, ¼ LEFT WITH CHASSE RIGHT

- 9-10 Tap right toe to right side, cross tap right toe over left (keep weight on right toe)
- 11&12 Pivot ¾ left & drop right heel to floor, (heel on floor) tap left toe to floor, (heel on floor) tap left toe to floor
- &13 Step left foot next to right, touch right heel forward
- &14 Step right foot next to left, step left foot forward
- 15&16 Turn ¼ left & step right foot to right side, step left foot next to right, step right foot to right side

¼ LEFT WITH BACKWARD ROCK, ¼ LEFT WITH FORWARD STEP, SYNCOPATED HALF WEAVE, SIDE STEP, ½ LEFT WITH FORWARD STEP, FORWARD SHUFFLE

- 17-18 Turn ¼ left & rock backward onto left foot, turn ¼ left & step forward onto right foot
- 19&20 Cross step left foot behind right, step right foot to right side, cross step left foot over right
- 21-22 Step right foot to right side, turn ½ left & step forward onto left foot
- 23&24 Step forward onto right foot, close left foot next to right, step forward onto right foot

STEP FORWARD, ½ RIGHT, COMBINATION COASTER STEP-CROSS SHUFFLE, SIDE ROCK, ROCK WITH ½ LEFT, SYNCOPATED STEP-LOCK-STEP

- 25-26 Step forward onto left foot, turn ½ right (weight on left)

27&28 Step backward onto right foot, step left foot next to right, cross step right foot over left
&29 Step left foot to left side, cross step right foot over left
30& Rock left foot to left side, rock onto right foot & turn $\frac{1}{4}$ left
31&32 Step backward onto left foot, lock right foot across left toe, step backward onto left foot

2X COASTER STEP

33&34 Step backward onto right foot, step left foot next to right, step forward onto right foot
35&36 Step forward onto left foot, step right foot next to left, step backward onto left foot

REPEAT

DANCE FINISH

On 11th wall continue dance up to and including count 20 then do the following

1-2 Step right foot to right side, turn $\frac{1}{2}$ left & touch left foot next to right
3&4 Step right foot to right side, step left foot next to right, step right foot to right side
5-6 Turn $\frac{1}{2}$ left & step left foot to left side, touch right foot next to left (right hand on hat brim)
