

# Cold Sweat

拍数: 64      墙数: 2      级数:  
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音乐: Cold Sweat - Five



## RIGHT FULL TURN, RIGHT CHASSE, SIDE STEPS RIGHT WITH KNEE ROLLS

- 1-2      Right step  $\frac{1}{4}$  turn right, on ball of right foot  $\frac{1}{2}$  turn over right shoulder stepping left foot back  
3&4      On ball of left foot  $\frac{1}{4}$  turn right stepping right foot to right side, step left foot beside right foot, step right foot to right side  
&5      Step left foot beside right foot, touch right foot slightly to right side with right knee turned inwards  
6      Roll right knee to right side taking weight onto right foot  
&7      Step left foot beside right foot, touch right toes slightly to right side with knee turned inwards  
8      Roll right knee to right side taking weight onto right foot

## 1 $\frac{1}{4}$ TURN LEFT, LEFT SHUFFLE, WALK RIGHT, LEFT, RIGHT KICK BALL TOUCH

- 9-10      Left step  $\frac{1}{4}$ , on ball of left foot  $\frac{1}{2}$  turn stepping right foot back  
11&12      On ball of right foot  $\frac{1}{2}$  turn left stepping left foot forward, step right foot beside left foot, step forward on left foot  
13-14      Walk forward on right foot, walk forward on left foot  
15&16      Kick right foot forward, step right foot back, touch left toes forward

## HIP & SHOULDER PUSHES, STEP FORWARD RIGHT, LEFT KICK BALL TOUCH, HEEL SWIVELS

- &17      Push shoulders & hips forward as you bend both knees, push hips & shoulders back keeping knees bent (weight remains on right foot)  
&18      Push shoulders & hips forward as you straighten your knees, push hips & shoulders back as you straighten up completely (weight remains on right foot)  
&19&20      Repeat &17&18 (as in Cha-cha Loco)  
&21      Change weight onto left foot, step forward on right foot  
22&23      Kick left foot forward, step left foot back, step right foot in front of left foot  
&24      Swivel heels to right side, bring heels in place

## HEEL SWIVELS WITH $\frac{1}{4}$ TURN LEFT, RIGHT FORWARD ROCK, BACK LOCK STEP LOCK

- 25&26&      Swivel heels to the right, swivel heels to the left, swivel heels right, swivel heels left  
27&28&      Swivel heels right, swivel heels left, bring heels in place (25-28 complete a  $\frac{1}{4}$  turn left)  
29-30      Rock forward onto right foot, rock back onto left foot in place  
31&32      Lock right foot in front of left foot, step back on left foot, lock right foot in front of left foot.

## LEFT ROCK BACK MAKING $\frac{1}{4}$ TURN LEFT, LEFT CROSS SHUFFLE, RIGHT SIDE SHUFFLE, RIGHT CROSS OVER LEFT UNWIND $\frac{3}{4}$ TURN LEFT

- 33-34      Rock back onto left foot, rock forward onto right foot making  $\frac{1}{4}$  turn left  
35&36      Cross left foot over right foot, step right foot to right side, cross left foot over right foot  
37-38      Side rock to right side, rock onto left foot in place  
39-40      Cross right foot over left foot, unwind  $\frac{3}{4}$  turn over left shoulder, weight ends on right foot

## LEFT & RIGHT KICKS WITH STEPS FORWARD & BACK

- 41-42      Kick left foot forward, click both fingers at same time, step left foot back  
43-44      Kick right foot back, click both fingers at same time, step right foot back  
45-46      Kick left foot forward, click both fingers at same time, step left foot back  
47-48      Kick right foot back, click both fingers at same time, step right toes back

## $\frac{1}{4}$ TURN TOUCH, $\frac{1}{2}$ TURN TOUCH, $\frac{1}{2}$ TURN TOUCH, & SIDE TOUCH HOLD

- 49-50 On ball of left foot  $\frac{1}{4}$  turn left, touch right toes to right side, bump hips to right side, step onto right foot
- 51-52 On ball of right foot  $\frac{1}{2}$  turn over left shoulder, touch left toes to left side, bump hips to left side, step onto left foot
- 53-54 On ball of left foot  $\frac{1}{2}$  turn over right shoulder, touch right toes to right side, bump hips to right side, step onto right foot
- &55-56 Step left foot beside right foot, touch right toes to right side, hold for one count

**RIGHT RONDE REVERSE SWEEP  $\frac{3}{4}$  TURN, SHOULDER & HIP PUSHES, LEFT KNEE ROLL**

- 57-58 On ball of left foot sweep right foot round behind left foot making  $\frac{3}{4}$  turn over right shoulder (weight ends equal on both feet)
- &59&60 Shoulder & hip pushes as in section 3 (as in cha-cha loco)
- 61-62 Touch left toes to left side with knee turned inwards, roll left knee to left side (weight ends on left foot)
- &63-64 Step right foot beside left foot, touch left toes to left side, with knee turned inwards, roll left knee to left side (weight ends on left foot)

**REPEAT**

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