

Cool Change

拍数: 64 墙数: 0 级数:
编舞者: Terry Hogan (AUS)
音乐: When Hell Freezes Over - Rich McCready



TOGETHER, ROCK BACK, REPLACE, ¼ LEFT, ½ LEFT, CHA-CHA FORWARD

- 1-2 Step right to the side, step left beside right
- 3 Rock-step right across behind left turning body to toward right diagonal
- 4 Replace weight forward onto left facing front
- 5 Make ¼ turn left on ball of left foot and step right foot backward
- 6 Make ½ turn left on ball of right foot and step left forward
- 7&8 Cha-cha forward right-left-right

ROCK FORWARD, REPLACE, ½ LEFT, FORWARD ½ PIVOT, ¼ LEFT, VINE RIGHT

- 9-10 Rock-step left forward, rock backward onto right
- 11 Make ½ turn left on ball of right foot and step left forward
- 12-13 Step right forward, make ½ pivot turn left and step forward on left
- 14 Make ¼ turn left and step right to the side
- 15&16 Step left behind right, step right to the side, step left across in front of right - facing starting wall

ROCK-SIDE, REPLACE, CROSS ROCK, REPLACE, SIDE, CROSS ROCK, REPLACE, ¼ LEFT

- 17-18 Rock-step right to the side, replace weight on left
- 19-20 Rock-step right across in front of left, replace weight on left
- 21 Step right to the side
- 22-23 Rock-step left across in front of right, replace weight on right
- 24 Make ¼ turn left and step left forward

½ LEFT, BACK, COASTER, ROCK FORWARD, ½ LEFT, ¼ LEFT, SIDE, CROSS

- 25-26 Make ½ turn left and step right foot backward, step left backward
- 27&28 Step right backward, step left beside right, step right forward (coaster)
- 29-30 Rock-step left forward, rock backward onto right and make ½ turn left
- 31&32 Step left forward, make ¼ turn left on ball of left foot and step right to the side, step left across in front of right foot (facing back wall)

SIDE ROCK, ¼ LEFT FORWARD, TOGETHER, HIP LEFT, BALL CHANGE, FORWARD, CHA-CHA

- 33-34 Rock-step right to the side, make ¼ turn left and rock forward onto left
- 35-36 Step on ball of right beside left, drop right heel lifting left heel pushing knee forward and hip to the left
- &37-38 Step slightly backward on ball of left, step forward right-left
- 39&40 Cha-cha/shuffle slightly backward right-left-right

BACK, HOLD, BALL CHANGE, FORWARD, FORWARD, ¼ RIGHT, TOGETHER, HIP RIGHT

- 41-42 Step left backward, hold
- &43-44 Step slightly backward on ball of right, step forward left-right
- 45-46 Step forward left, make ¼ pivot turn right taking weight onto right
- 47-48 Step left beside right, lift right heel pushing knee forward and hip to the right

SIDE SLIDE TWICE, SIDE ROCK, REPLACE, SAMBA

- 49-50 Step right to the side, slide-step left beside right
- 51-52 Step right to the side, slide-step left beside right
- 53-54 Rock-step right to the side, rock-replace weight on left

55&56 Step right across in front of left, step on ball of left to the side replace weight onto right
(samba step)

FORWARD ROCK, REPLACE, CHA-CHA, BACK, TOGETHER, ½ LEFT, ½ LEFT, ¼ LEFT

57-58 Rock-step left foot forward, rock backward onto right
59&60 Cha-cha backward left-right-left
61-62 Step right foot backward, step left beside right
63 Make ½ turn left on ball of left foot and step right backward
64 Make ½ turn left on ball of right foot and step left forward
& Make ¼ turn left on ball of left foot-facing 3:00

REPEAT

TAGS

After the first repetition there is a 4 count tag

1-2 Step right to the side, rock-step left across in front of right
3 Rock-replace weight onto right
4 Make ¼ turn left on ball of right foot and step left forward (small step)

After the second repetition there is a restart, it is simply a matter of doing the first 16 counts of the dance before restarting from count 1 again

After the third repetition there is another 4 count tag which is the same as the first.
