

# Cool Me Down

**COPPER KNOB**  
BY STEPHEN

拍数: 40      墙数: 2      级数: Improver  
编舞者: Mark Cook (UK)  
音乐: Cool Me Down - Jenai



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## **SIDE ROCK CROSS, WEAVE RIGHT, CROSS, SIDE ROCK CROSS, ½ TURN, CROSS**

1&2      Rock left to left side, recover weight to right, cross left over right  
3&4&      Step right to right side, step left behind right, step right to right side, cross left over right  
5&6      Rock right to right side, recover weight to left, cross right over left  
7&8      Step left to left side, turn ½ over right shoulder stepping on to right, cross left over right,  
(facing 6:00)

## **SIDE ROCK CROSS, ¾ TURN RIGHT, FULL TURN PIVOT, SHUFFLE BACK**

9&10      Rock right to right side, recover weight to left, cross right over left  
11&12      Step left to left side, turn ¾ over right stepping on to right, step forward on left, (facing 3:00)  
13&14      Step forward on right, ½ pivot over left shoulder, make ½ turn over left shoulder as you step  
back on right, (facing 3:00)  
15&16      Shuffle back, left, right, left

## **COASTER BACK, SHUFFLE FORWARD, ¾ PIVOT, SAILOR**

17&18      Step back on right, step left next to right, step forward on right  
19&20      Shuffle forward, left, right, left  
21&22      Step forward on right, pivot ¾ turn over left shoulder, step right to right side, (facing 6:00)  
23&24      Cross left behind right, step right to right side, step left to left side

## **HIP BUMPS TWICE, ROCK ¼ TURN LEFT, HIP BUMPS TWICE, ROCK ¼ TURN LEFT**

25&26      Step forward on right as you bump hips forward, bump hips back, bump hips forward  
27&28      Rock forward on left, recover weight to right, make ¼ turn to left as you step on left, (facing  
3:00)  
29&30      Step forward on right as you bump hips forward, bump hips back, bump hips forward  
31&32      Rock forward on left, recover weight on right, make ¼ turn to left as you step on left, (facing  
12:00)

## **ROCK ½ TURN, FULL TURN PIVOT, COASTER, SKATE LEFT, SKATE RIGHT**

33&34      Rock forward on right, recover weight to left, ½ turn over right stepping on to right, (facing  
6:00)  
35&36      Step forward on left pivot ½ turn over right shoulder, make ½ turn over right stepping back on  
left, (facing 6:00)  
37&38      Step back on right, step left next to right, step right forward  
39-40      Skate forward on left, skate forward on right

**REPEAT**

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