

Cool Me Down

COPPER KNOB
STEPSHEETS

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



SIDE ROCK CROSS, WEAWE 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